

# Cookery Digest

5<sup>6</sup>

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# COOKERY DIGEST

4th IMPRESSION

*Compiled and Edited*

*by*

**MAIDA SAKINOFKY**

*Proceeds in aid of*

**ISRAELI UNITED APPEAL FUNDS**

*To those kind folks who assisted me by contributing recipes, and to advertisers, my warmest and sincerest gratitude.*

*The 4th Impression of "Cookery Digest" is due to your helpful co-operation. I trust that the "dish" now "cooked" will be well "digested".*

*Maida Sakinofsky*



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## FOREWARD

**I**T is with great pleasure that the Union of Jewish Women (Worcester Branch) present "COOKERY DIGEST" to all South African housewives.

I trust this booklet will be used freely in all culinary efforts, and may the tested recipes prove to be nourishing, appetising and satisfactory to the most jaded appetities! I do hope that "COOKERY DIGEST," with its excellent recipes, will flavour, season and enrich the life of every member of the family and household.

I wish to offer special thanks to (Mrs.) Maida Sakinofsky (who compiled this booklet) for her untiring efforts and hard work. I also take this opportunity of thanking all committee members of our branch for their kind assistance and co-operation at all times.

It is my sincere desire that "COOKERY DIGEST" will grow from strength to strength, and may its dishes serve you faithfully and well.

*Ganie Traub*

UNION OF JEWISH WOMEN  
(Worcester Branch),  
1951.

---

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# SANDWICHES and FILLINGS

---

Bread for sandwiches should be 24 hours old. Slice bread thinly and spread with creamed butter before adding the filling. Remove crusts. To keep sandwiches fresh, cover with a damp cloth until required.

## RAINBOW SANDWICH

Remove crust from one loaf of bread. Slice horizontally, making 4 slices. Butter and spread each slice with a different filling. Place in a damp serviette and leave in a refrigerator for half an hour. Then spread loaf with cream cheese and grated cucumber. Trim with grated walnuts. Serve whole.

MISS SALLY BROUDIE, *Worcester.*

## RIBBON SANDWICHES

Butter sliced bread, spreading on first slice chopped egg and thinly shredded lettuce. Cover with second slice, butter the top, spread with salmon filling, cover again with third slice of bread, spread butter and a cream cheese and dill pickle filling. Top with an unbuttered slice. Press down very well, to set the fillings. Remove crusts before slicing. If preferred, brown and white bread may be used alternately.

MRS. RAE GOSS, *Worcester.*

## SANDWICH FILLINGS

Chopped hard-boiled eggs mixed with mashed anchovies.

\* \* \*  
Cream cheese mixed with little thick cream to soften, add chopped plain or stuffed olives, salt and pepper to taste.

\* \* \*  
Combine chopped dates, nuts (walnuts) and cream cheese, blend with little cream (sweet filling).

\* \* \*  
Chopped hard-boiled eggs, salt and pepper, mustard to taste. Blend with mayonnaise to spreading consistency.

\* \* \*  
Skin and bone sardines and mash. Add chopped dill pickle, little vinegar to taste, salt and pepper.

\* \* \*  
Flaked salmon, seasonings, mayonnaise and/or a little onion juice.

\* \* \*  
Grated cheese with tomato sauce, little salt, mix and spread.

\* \* \*  
Marmite, softened butter and grated hard-boiled eggs.

\* \* \*  
Avocado pear, mashed with lemon juice.

\* \* \*  
Minced corned beef, to which add chopped mustard pickles.

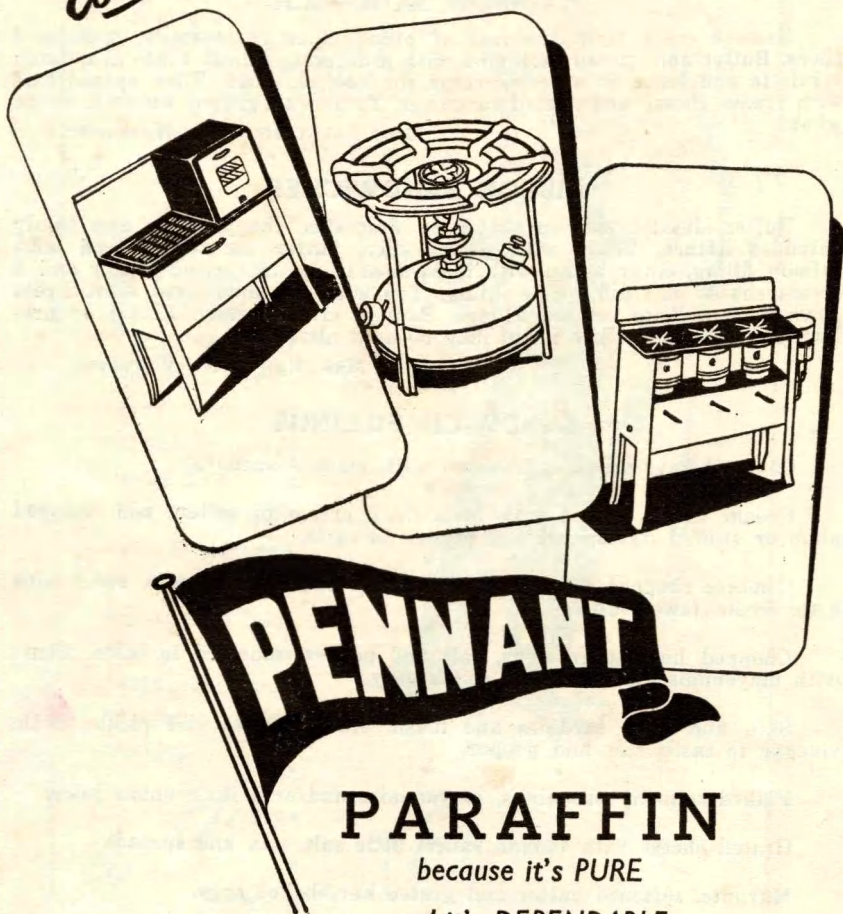
\* \* \*  
Blend white meat of chicken (chopped finely) with grated pineapple.

\* \* \*  
Mince cold cooked chicken with a hard-boiled egg and little mustard.

MRS. RAE GOSS, *Worcester.*

---

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# SOUPS

---

## BEETROOT MILK SOUP

- |                          |                        |
|--------------------------|------------------------|
| 1 bunch beetroot.        | 1 lemon.               |
| 2 pints water (4 cups).  | 2 dessertspoons sugar. |
| 1 teaspoon salt.         | Little milk.           |
| Pinch ginger (optional). | 1 egg.                 |

Boil water and peeled grated beetroots and lemon juice. Boil 10 minutes. Place yolk of egg in a basin, add pinch ginger, rub together well. Add sugar, salt and milk. Mix. Pour the boiling mixture over the contents of basin. Mix and cool. Drop a few dessertspoonsful of cream on top. Stir to give a streaky effect. Serve with hot boiled potatoes.

MRS. ANNIE RABINOWITZ, *Worcester.*

## VEGETABLE SOUP

Various vegetables may be used, e.g., carrots, potatoes, onion, turnip, celery, tomatoes, etc.,  $\frac{1}{2}$  cup barley or sugar beans. Beans must be soaked for at least 1 hour before adding to soup, 1 teaspoon marmite (optional). Cook 2 pints or more water to boiling point, add vegetables. Simmer for  $1\frac{1}{2}$  hours. Season with salt. Serve hot and unstrained.

MRS. MAIDA SAKINOWSKY, *Worcester.*

## BEETROOT SOUP WITH MEAT

- |                          |          |
|--------------------------|----------|
| 4 to 6 beetroots.        | 1 onion. |
| Lean flank or soup meat. |          |

Put meat to simmer with water to cover, approx. 8 cups. Grate in the beetroots and a sliced onion. After  $2\frac{1}{2}$  hours meat should be tender. Add sufficient sugar and lemon juice or tartaric acid to make soup sweet and sour. Bring to boiling point, then beat up yolk of egg, pinch of ginger and salt. Mix, and add to boiling soup. If desired, drop in small mince balls, which are made from 1 lb. beef, 1 egg and seasoning. Cook for a further  $\frac{1}{2}$  hour.

MRS. TILLY HASSALL, *Johannesburg.*

## CABBAGE SOUP (SWEET AND SOUR)

- |                            |                           |
|----------------------------|---------------------------|
| 1 medium cabbage.          | Salt and pepper to taste. |
| 1 lb. mutton or soup meat. | Tartaric acid to taste.   |
| 1 onion.                   | Tomatoes (optional).      |
| 2 carrots.                 |                           |

Pour boiling water over cabbage to cleanse. Shred cabbage. Place all ingredients into saucepan with 5 cups water. Allow to simmer for about 3 hours. When meat is soft, soup is ready.

MRS. IDA MERSON, *Worcester.*

---

*After grating the rinds of lemons or oranges do you find the grater difficult to clean? It's easy, when all particles are brushed with a pastry brush.*

# ACCOMPANIMENTS to SOUPS

---

## BAKING POWDER DUMPLINGS

1 cup flour. ½ teaspoon salt.  
1 teaspoon ROYAL Baking Powder.

Mix ingredients together, stir in ½ cup milk (for milk soup) or ½ cup water (for meat soup). Mix to a smooth batter. Drop by spoonful into boiling soup. Cook for five minutes. Serve.

MRS. BELLA HASSALL, *Johannesburg.*

## BLINTZES (MEAT)

2 cups flour. Juice of ½ lemon.  
2 eggs. Little cold water.  
Pinch of salt.

Beat eggs, add in one at a time, add salt, water, lemon juice and flour. Mix till smooth. Mixture should be thin. Heat a frying pan, grease slightly and pour in two tablespoons of the batter. Tilt the pan so as to allow the batter to run all over the bottom. Cook over a low heat on one side only till edges come away from side of pan. Turn out on to a clean cloth or board and repeat with the rest of batter. Place 1 tablespoon of filling on each blintze, fold up and fry in fat till browned, or bake in oven.

MISS SALLY BROUDIE, *Worcester.*

## BLINTZE FILLINGS

½ lb. liver, fried with sliced onions in chicken fat.  
½ lb. boiled lung.

Mince liver, onions, lung. Add seasoning. If too dry add chicken fat in which liver has been fried.

MRS. ESTHER GREEN, *Rondebosch.*

\* \* \* \* \*

Left-over cooked meats: Chicken or beef, minced and mixed with fat and seasoning.

MISS SALLY BROUDIE, *Worcester.*

## EGG DUMPLING

½ cup flour. Pinch salt.  
1 egg. ½ cup water.

Beat egg well, add salt and flour and add the water slowly. Stir. Drop by spoonful into boiling soup and cook 10 minutes.

MRS. MYRTLE KAGAN, *Transvaal.*

## FARFEL

Take 6 eggs with sufficient flour to make a hard dough. Grate on a coarse grater and spread on a board or cloth to dry.

MRS. IDA MERSON, *Worcester.*



## KREPLACH

### DOUGH:

- 2 eggs. 1 tablespoon water.
- Pinch salt.
- 1½ cups flour, or sufficient to make an easy-to-handle dough.

Beat eggs slightly, add salt, water and flour. Knead well till dough is smooth, roll out thinly on a floured board. Cut in squares (about 2in.), place a spoonful of meat filling on each square, fold into a triangle, pressing edges well together. Dry 1 hour, drop into boiling soup, cook 15-20 minutes.

### FILLING:

- Cooked meat: Chicken or beef. 1 onion, and seasoning.
- Mince all together.

MRS. MAIDA SAKINOFFSKY, Worcester.

## LOKSHEN

- 2 large eggs. 1½ cups flour.
- Little salt. 2 teaspoons water.

Beat eggs and water slightly, add in salt and flour gradually to make stiff dough. Knead well till dough is smooth. Place on a floured board, roll out very thin and dry, but not too dry to handle. Fold in a tight roll, and with a sharp knife cut into thin threads. Allow to dry thoroughly. Store in covered jar.

MRS. MARY KAY, Johannesburg.

## PEROGEN (MEAT PIES) 1

Take a portion of Kitke dough, knead in approx. 2 tablespoons fat. Roll out thinly, cut into triangles. Place in each a spoonful of minced cooked meat, lung or chicken. Close edges well, smear top with beaten egg, and place in a baking pan well greased with fat. Bake 400 deg. for 20 minutes.

MRS. BESSIE HELLER, Worcester.

## PEROGEN (MEAT PIES) 2

### PASTRY:

- 2 tablespoons chicken fat (or other melted fat).
- 1 egg.
- Flour to make soft dough.
- Pinch of salt.
- 1 teaspoon ROYAL Baking Powder.

### FILLING:

- 1 calf pluck (lung and liver).
- 1 small onion.
- Salt and pepper to season.
- 1 bayleaf and all spice.
- Pinch of salt.

Braise pluck with sliced onion, bay leaf, allspice and seasoning until soft. When pluck is soft remove the veins. (If desired, some cooked steak can be added). Mince lung, meat, onion. Add some fat from the top of the soup and more seasoning if necessary. Prepare pastry by mixing all ingredients to make soft dough, roll out on pastry board, cut rounds with pastry cutter, fill with spoonful of minced meat, pinch ends together, brush with yolk of egg and either fry in chicken fat or bake in oven.

MRS. HILDA SANDLER, Worcester.

---

To unmould a gelatine salad without placing bowl in hot water brush the inside of the bowl with salad oil before using.

---

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# FISH

---

## BAKED LOKSHEN FISH

Chop approx. 1 lb. fish into very small pieces and mix with it twice its weight of cooked lokshen. Mix well, place in a buttered dish, put a few pieces of butter on top and cover thickly with grated cheese. Brown in oven.

MISS BERTHA GREEN, *Worcester.*

## BAKED FISH IN MUSHROOM SAUCE

Sliced fish.

1 tablespoon milk.

1 tin creamed mushroom soup.

Place fish into buttered pyrex dish. Pour soup over fish, add milk. Bake in a moderate oven for 20-30 minutes until fish is ready.

MISS MINNIE BROWN, *Worcester.*

## BUTTERED FISH

Fillet and flake 2 lbs. of cold cooked fish. Fry chopped onions in a little butter until a light brown. Season with salt, pepper, and, if liked, a little chopped parsley. Place in a pyrex dish, adding butter. Simmer gently for a few minutes, then add 3 tablespoons cream and  $\frac{1}{2}$  cup milk. Simmer for another few minutes, then serve hot on buttered toast, or with mashed potatoes garnished with peas.

MRS. JULIA RABINOWITZ, *De Doorns.*

## BAKED SOLE WITH ASPARAGUS

2 medium soles.

1 tin asparagus tips.

Little milk.

Butter and seasoning.

Fillet soles, split in 4 pieces lengthwise. Cut tips off the asparagus, roll 2 or 3 tips in each piece of sole, securing with a match stick. Place in buttered pyrex dish. Mash asparagus tips in  $\frac{1}{2}$  cup milk, pour over fish. Season well, adding butter. Bake in a moderate oven until fish is done (10 to 15 minutes). Mushrooms can be used in place of asparagus.

MRS. LEVY, *Parkview, Johannesburg.*

## CREAMED FISH

1 tin snoek or pilchards.

1½ cups thick white sauce.

2 tablespoons grated cheese.

Cooked mashed potatoes.

2 hard-boiled eggs.

To make the white sauce add 1 heaped tablespoon maizena and 1 tablespoon butter to 1½ cups milk. Place in saucepan and heat on stove. Then flake and bone the fish and add to sauce, on stove, stir till well blended. Add grated cheese and chopped eggs. Serve piled on top of mashed potatoes.

MRS. MAVIS ARONSON, *Worcester.*

---

*To keep lemons fresh place in a glass jar, fill with water, cover.*

## CURRIED FISH

- |  |                       |
|--|-----------------------|
| 2 lbs. fish (kabeljou or Cape salmon). | 1 dessertspoon salt.  |
|  | 2 cups vinegar.       |
| 2 to 3 onions.                         | 1 dessertspoon sugar. |
| Peppercorns and bay leaves.            | 2½ tablespoons curry. |

Cut fish into slices, season and fry in hot oil till brown. Drain on brown paper. Boil onions (sliced) in  $\frac{1}{2}$  cup water, when tender drain off water and add in the vinegar, salt, sugar, curry, bay leaves and peppercorns. Cook for a few minutes. Remove from fire. Place a layer of fish in a bowl, then a layer of curry mixture. Continue in this way until fish is used up, with the curry on top. Cover and leave for a few days.

MRS. CHANA BERGER, *Worcester.*

## FISH RISsoles

Use any cold boiled fish. Fry two onions in butter until golden brown. Mince fish and onions, adding salt, pepper, a tablespoon Worcester sauce and parsley (if liked). Add a well-beaten egg and form into rissoles. Fry in hot fish oil.

MRS. JULIA RABINOWITZ, *De Doorns.*

## FISH AND GINGER SNAPS

Boil fish in little water together with salt, pepper and an onion. Then soak 4 to 5 ginger snap biscuits in vinegar. Mash, and add one tablespoon golden syrup. Pour over fish and allow to set.

MRS. JUDY SACKS, *Worcester.*

## GIFULTE FISH (BOILED)

- |                                      |                   |
|--------------------------------------|-------------------|
| 2 or 3 lbs. stockfish or other fish. | 1 egg.            |
| 2 onions.                            | 1 teaspoon sugar. |
| 1 cup water.                         | Salt and pepper.  |
| 2 Marie biscuits.                    |                   |

Fry onions till golden brown in oil. Mince fish together with the onions and a little bit of the oil in which it has been fried (carrots optional). Grate in Marie biscuits, and add in seasoning, water and beaten egg. Beat well till blended. Place in saucepan, skin and bones of fish, 2 medium onions, sliced but unpeeled, 2 carrots peeled and sliced. Shape the fish into balls with wet hands, and place in saucepan. Pour in about 6 cups of warm water slowly. Cook for 1½ hours.

MRS. MINNIE BRENNER, *Worcester.*

## HERRINGS (CHOPPED)

Soak herrings overnight—wash and bone.

- |  |                     |
|--|---------------------|
| 3 herrings.                                      | 1 large sour apple. |
| 1 onion.   | 2 hard-boiled eggs. |
| 1 slice white bread, soaked in little vinegar.   |                     |
| ½ teaspoon each cinnamon and sugar (if desired). |                     |

Mince all ingredients together with the exception of 1 egg. Mix well, arrange on a platter and decorate with remaining egg.

MISS CECILLE SAKINOFKY, *Bulawayo.*



## HERRINGS (BAKED, SWEET AND SOUR)

- |                      |                            |
|----------------------|----------------------------|
| 6 herrings.          | 2 medium-size onions.      |
| 4 bay leaves.        | 8 peppercorns.             |
| 4 tablespoons syrup. | $\frac{1}{2}$ cup vinegar. |
| 1 cup water.         |                            |

Soak herrings for 24 hours, clean and cut in broad slices, place in pyrex dish. Boil together all other ingredients till sliced onions are soft. Season to taste, pour over the sliced herrings and bake in a moderate oven till brown.

MRS. CHERRY GELL, *Johannesburg.*

## HERRINGS (PICKLED)

Soak herrings overnight. Remove milch and rce. Cut into 1in. slices. Put herrings, onions, bay leaves and allspice layer by layer in jar. Prepare sauce as follows and pour over contents of jar. Dilute vinegar with water, add sugar to taste. Sauce should be fairly strong.

MRS. BELLA HASSALL, *Sydenham, Johannesburg.*

## QUICK SALMON DISH

Place a tin of salmon into a saucepan of boiling water. Boil 15 minutes. Take out and remove from tin. Serve hot with parseley sauce.

MISS MURIEL COHEN, *Johannesburg.*

## SMALL FISH BALLS

- |                          |                          |
|--------------------------|--------------------------|
| 4 lbs. cooked stockfish. | 1 medium onion.          |
| 4 eggs.                  | 4 lbs. boiled potatoes.  |
| Salt, pepper and nutmeg. | 2 teaspoons ROYAL Baking |
| Parsley.                 | Powder.                  |

Remove skin and bones from fish. Mince together fish, onion, potatoes and parsley. Break eggs into the mixture, beating till texture is light. Add seasonings to taste, and lastly the baking powder. Roll into small balls and fry in deep boiling oil till a nice golden brown. This quantity makes about 80 balls.

MRS. UNA DROOMER, *Worcester.*

## SWEET AND SOUR FISH

- |                                |                               |
|--------------------------------|-------------------------------|
| 2 lbs. firm white fish.        | 1 cup white vinegar.          |
| $1\frac{1}{2}$ cups water.     | 1 cup brown sugar.            |
| 1 onion, sliced finely.        | Pinch of ginger and cinnamon. |
| $\frac{1}{4}$ teaspoon pepper. | $\frac{1}{2}$ cup raisins.    |
| 1 teaspoon salt.               |                               |

Place fish in vinegar and water to which salt, pepper and onions have been added. Cook over a low flame for 20 minutes. Then dissolve the sugar in some of the hot fish liquid and add this syrup to the fish. Add the ginger, cinnamon and raisins and allow to cook till the fish is tender. Remove the fish and cook the liquid a little while longer until it is thick and syrupy.

MRS. JOEY LANGE, *Worcester.*

---

*To obtain maximum juice from lemons heat before squeezing.*

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# SALADS and SALAD DRESSINGS

---

## BEETROOTS (PICKLED)

- |                                     |                                   |
|-------------------------------------|-----------------------------------|
| 1 bunch beets (approx. 6).          | $\frac{1}{4}$ teaspoon salt.      |
| 1 $\frac{1}{2}$ cups brown vinegar. | Bay leaves and peppercorns.       |
| 1 dessertspoon sugar.               | Little water, if brine too strong |
| 3 onions.                           |                                   |

Boil beets until they are tender, cool and slice. Arrange in a jar, alternately with sliced onions, peppercorns, bay leaves. Pour over a brine of sugar, salt and vinegar. Cover with lid.

MRS. GERTIE HASSALL, *Orange Grove.*

## BEETROOT SALAD

- |                              |                           |
|------------------------------|---------------------------|
| 6 medium-sized beets.        | 1 tablespoon gelatine.    |
| 1 tablespoon sugar.          | 1 teaspoon vinegar.       |
| $\frac{1}{2}$ teaspoon salt. | 1 tablespoon lemon juice. |
| Pepper if desired.           |                           |

Clean beets thoroughly, boil in water till soft. Then drain, saving the liquid, of which there should be two cups. Peel and chop the beets. To the hot beet juice add gelatine (softened in two tablespoons cold water), sugar, vinegar and seasoning. Cool until mixture begins to thicken, then pour over the chopped beets. Pour into refrigerator tray and chill. Cut into cubes, serve on lettuce.

MRS. JOEY LANGE, *Worcester.*

## CUCUMBERS (PICKLED)

- |                             |                       |
|-----------------------------|-----------------------|
| 30 medium-sized cucumbers.  | 1 teaspoon allspice.  |
| 15 bay leaves.              | 2 garlic.             |
| 1 breakfastcup coarse salt. | 1 teaspoon saltpetre. |
| 2 chillies.                 |                       |

Place cucumbers in jars. Bring remaining ingredients to the boil with approximately 8 pints of water. Whilst still hot pour liquid over the cucumbers in jar. Screw lids tightly and turn upside down until cool.

MRS. RABINOWITZ, *Sandown, Muizenberg.*

## POTATO SALAD

- |                               |                         |
|-------------------------------|-------------------------|
| 2 cups cold cooked potatoes.  | Salt and pepper.        |
| 1 finely chopped onion.       | 2 hard-boiled eggs.     |
| 1 tablespoon chopped parsley. | Mayonnaise, green peas. |

Dice the potatoes, add onion, parsley, salt and pepper, stir. Grate in the eggs coarsely and stir in mayonnaise. Canned green peas may be added if desired.

MRS. BESSIE HELLER, *Worcester.*

## FRENCH DRESSING

2 tablespoons salad oil.  
 $\frac{1}{4}$  teaspoon salt.

Few grains pepper.  
1 tablespoon vinegar.

Combine oil and seasonings, gradually beat in the vinegar. For mustard dressing add  $\frac{1}{4}$  teaspoon dry mustard to the seasoning.

MISS CECILLE SAKINOFKY, *Bulawayo.*

## MAYONNAISE (1)

1 cup sugar.  
 $\frac{1}{2}$  cup vinegar.  
2 eggs.

$\frac{1}{2}$  teaspoon salt.  
Mustard to taste.

Beat eggs and sugar well, add vinegar. Stir well. Put into saucepan, bring to the boil, stirring constantly, until it thickens. Cool off and keep in refrigerator. Will last several days. Stir before using.

MRS. SYLVIA BROWN, *Worcester.*

## MAYONNAISE (2)

1 tin condensed milk (sweet).  
 $\frac{1}{2}$  cup melted butter.  
 $\frac{3}{4}$  cup vinegar.  
1 egg.

2 teaspoons mustard.  
1 teaspoon salt.  
Few grains Cayenne pepper.

Place ingredients in fruit jar, fasten lid tightly and shake vigorously for 2 minutes. Put into refrigerator. This will last for some time.

MRS. DOT LAMBERT, *Robertson.*

## PINEAPPLE UPSIDE-DOWN SALAD

2 tablespoons unflavoured  
gelatine.  
 $1\frac{1}{2}$  cups boiling water.  
 $\frac{1}{2}$  cup cold water.  
1 teaspoon salt.

$\frac{1}{4}$  cup lemon juice.  
1 tin canned pineapple rings.  
 $\frac{1}{2}$  cup sugar.  
 $\frac{1}{2}$  cup mild vinegar.

Any vegetables, such as finely grated carrots, lettuce, celery, radishes or cucumbers.

Add gelatine to cold water, let stand 5 minutes. Add boiling water, sugar, salt. Stir until dissolved. Add  $\frac{1}{4}$  cup pineapple syrup from tin, vinegar and lemon juice. Cool, pour into loaf pan to depth of  $\frac{3}{4}$  in. Chill until almost firm. Arrange slices of pineapple over gelatine and chill until firm. Dice remaining pineapple finely. Add to vegetables, fold into remaining gelatine. Pour over pineapples in pan and chill. Turn out on lettuce leaves. Serve with mayonnaise. Serves 6 to 8.

NOTE: Only canned pineapples can be used, as fresh pineapple will not set.

MRS. JOEY LANGE, *Worcester.*



## SAL'S SALAD

30 pickling onions.  
1½ cups water.  
1 egg.

1 tablespoon maizena.  
Salt and pepper.  
1 cup vinegar.

Cook the onions in water, and strain, using the liquid as follows: Mix 1 egg, maizena, salt and pepper to taste and vinegar, together with liquid. Cook for 3 minutes. When cold, pour over the onions.

MISS SALLY BROUDIE, *Worcester.*

## SAUERKRAUT

Shred finely 1 firm head of cabbage. Wash well and drain. Rub 1 heaped tablespoon of salt very lightly into the cabbage. Sprinkle with a little caraway seed and place in a deep receptacle. Squeeze a lemon over the cabbage and add water to cover completely. Press down with a spoon and place a weight on to keep it covered with liquid.

MRS. R. SCHNEIDER, *De Doorns.*

## SPRING ONION SALAD

3 bunches spring onions (green).      1½ cups boiling water.  
1 teaspoon salt.      French dressing.

Remove roots and small portion of green tops from well-washed spring onions. Cook onions in boiling salted water in large tightly covered saucepan quickly for five minutes, or until tender. Lift onions out of water with a fish slice and drain. Leave to cool. Pour French dressing over salad to flavour each onion. If preferred, melted butter may be poured over onions and placed on toasted bread.

MRS. NANCY GREEN, *Toevlucht.*

## STUFFED BEETROOTS

Choose beetroots of good colour and medium size. Cook whole, until tender. Cut off a slice from the top and scoop out centre (take care not to break outer walls). Cut a thin slice off from the bottom so that beetroots stand upright. Chill. Fill with diced celery mixed with mayonnaise dressing. Serve on crisp lettuce leaves.

MRS. MIRIAM SCHEIFFER, *Stellenbosch.*

## WHITE SALAD

Boil up a few Jerusalem artichokes, 2 to 3 turnips, but do not let them get too soft. Drain and dice them. Combine with 2 to 3 cold boiled potatoes, also neatly diced, and moisten them with lemon juice. Allow to stand for a few minutes. Dress with sour cream, to which has previously been added a little prepared mustard. Garnish with onion rings and place a radish rose in the centre of each onion ring.

MRS. VIOLET HELLING, *Worcester.*



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# SAUCES

## ANCHOVY SAUCE

2 teaspoons Anchovette paste dissolved in 1 cup melted butter,  $\frac{1}{2}$  cup lemon juice. Boil ingredients and simmer for 5 minutes. Stir vigorously. Thickens slightly. Serve at once with fish.

MRS. BECKY YODEIKIN, *Bulawayo.*

## CHEESE SAUCE

(Cauliflower, Macaroni, Boiled Eggs)

1 tablespoon butter.

1 $\frac{1}{2}$  cups milk.

1 teaspoon flour.

Salt and pepper.

1 tablespoon grated cheese.

Put butter and cheese into saucepan, stirring constantly until melted and blended. Mix the flour with the milk until smooth and pour into pan. Stir. Allow to cook for 2 minutes. Add a little more than a pinch of pepper and a pinch of salt. This sauce will add a savoury flavour to many a dish.

MRS. M. MARAIS, *S.A.D., Worcester.*

## LEMON MINT SAUCE

1 cup sugar dissolved in  $\frac{1}{2}$  cup lemon juice,  $\frac{1}{4}$  cup finely minced mint leaves. Combine and let stand half an hour. Serve with lamb.

MRS. GERTRUDE LANGE, *Worcester.*

## MINT SAUCE (MEAT)

2 tablespoons mint leaves  
(chopped).

1 dessertspoon water.

6 dessertspoons vinegar.

2 dessertspoons sugar.

$\frac{1}{4}$  teaspoon salt.

Mix and allow to stand for half an hour before using.

MRS. MAIDA SAKINOFKY, *Worcester.*

## TARTARE SAUCE (FISH)

$\frac{1}{2}$  cup mayonnaise.

1 gherkin (chopped).

1 small onion (minced).

2 olives (chopped).

1 tablespoon parsley (chopped).

Mix all together and serve.

MRS. GERTIE HASSALL, *Johannesburg.*

## TOMATO SAUCE

2 cups tomato juice.

Chopped parsley and celery.

2 bay leaves.

1 teaspoon grated onion and

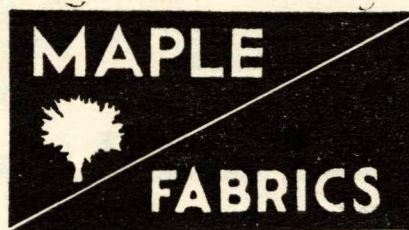
Pinch of thyme.

pinch of salt.

Cook all ingredients for half an hour, strain and thicken with 1 teaspoon flour and 1 teaspoon butter rubbed to smooth paste.

MRS. GERTRUDE LANGE, *Worcester.*

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# BREAD and ROLLS

## BABKE (MILK BUNS)

- |                |                   |
|----------------|-------------------|
| 8 cups flour.  | 2 teaspoons salt. |
| 6 oz. butter.  | 1 pint milk.      |
| 1½ cups sugar. | 1 cake yeast.     |
| 2 eggs.        |                   |

Dissolve yeast in a cup together with ¼ cup warm water, little flour and sugar. Scald milk on a slow fire, add butter and melt. Cool. Use a large bowl. Sift in flour, sugar and salt, beat eggs and fold into mixture. Add yeast, butter and milk. Mix well. Cover warmly and allow to rise overnight. Roll one portion on to slightly floured board, spread with cinnamon and sugar. Roll out another portion of dough, place on top and roll up. Brush top with egg. Bake in medium oven until golden brown (350 deg.). When Babke is put into greased baking pans allow to rise before baking. From this dough hamantaschen, or poppy-seed cakes, can be made.

MRS. BETTY SCHOCHAT, *Worcester.*

## BAIGEL

- |                   |                       |
|-------------------|-----------------------|
| 5 lbs. flour.     | 2 tablespoons sugar.  |
| 1 packet yeast.   | 3 eggs (well beaten). |
| 2 teaspoons salt. | ½ cup fish oil.       |

Lukewarm water to knead the ingredients into a fairly stiff dough. (Leave overnight.) Cover up and keep in a warm place. Next morning knead the dough again and form into rings. Leave to rise for half an hour in a warm place. Have a large pot of water boiling on the stove. Drop each baigel separately into the boiling water, and as the baigel rises to the top (approx. 2 minutes) remove with a fish slice. Bake in a hot oven on a baking sheet until light brown (420-450 deg.).

MRS. R. SCHNEIDER, *De Doorns.*

## BUTTERMILK RUSKS

- |                |                             |
|----------------|-----------------------------|
| 10 cups flour. | 1 pkt. cream of tartar.     |
| 1 lb. butter.  | ½ pkt. bicarbonate of soda. |
| 3 eggs.        | Little nutmeg.              |
| 1 cup sugar.   | Buttermilk to mix.          |

Rub butter into dry ingredients. Mix with eggs and milk to a fairly stiff dough. Place into a greased pan and mark buns with a knife. Bake in a hot oven 420-450 deg. When ready, remove and whilst still hot break into rusks. Put back in oven to dry and brown.

MRS. JEAN LUYT, *Worcester.*

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## CRUMPETS

- |                                 |                          |
|---------------------------------|--------------------------|
| 1 egg (unbeaten).               | 1 cup flour.             |
| 1 teaspoon bicarbonate of soda. | $\frac{1}{2}$ cup sugar. |
| 1 teaspoon cream of tartar.     | $\frac{3}{4}$ cup milk.  |

Combine all ingredients to a batter that can be dropped by spoonsful. Heat an electric stove plate, butter plate well to prevent the batter from sticking. Drop the first spoonful of batter on the hot plate to test for the right temperature. The crumpet is ready for turning when little bubbles begin to form in the batter. Both sides should be a golden brown.

MRS. SONIA HELLER, *Worcester.*

## DROP SCONES

- |                             |                          |
|-----------------------------|--------------------------|
| 2 eggs.                     | 1 tablespoon sugar.      |
| 1 cup milk.                 | 2 teaspoons ROYAL Baking |
| 1 $\frac{1}{2}$ cups flour. | Powder.                  |

Mix eggs, milk and sugar and beat well. Add flour and lastly the baking powder. Grease hot plate of stove with a little butter, then drop one dessertspoonful of mixture lightly on plate. When bubbles form turn over and leave for a few seconds. Then take off, and continue with the rest of mixture in the same way.

MRS. MARY SHELLY, *Worcester.*

## KICHLECH (1)

- |                                   |                                     |
|-----------------------------------|-------------------------------------|
| 12 eggs, less two whites.         | 2 eggcups fish oil.                 |
| $\frac{1}{2}$ dessertspoon sugar. | $\frac{1}{2}$ teaspoon ROYAL Baking |
| Large pinch salt.                 | Powder.                             |
|                                   | Flour.                              |

Beat eggs, sugar, oil and salt well. Add baking powder and sufficient flour to form a soft dough. Roll out thinly, sprinkle with a little sugar, prick with a fork and cut into diamond shapes. Bake in a very hot oven 500 deg. for 5 minutes, then lower the heat to 400 deg. Bake golden brown.

MRS. IDA MERSON, *Worcester.*

## KICHLECH (2)

- |                                     |                              |
|-------------------------------------|------------------------------|
| 6 eggs.                             | 1 tablespoon brandy.         |
| 1 teaspoon salt.                    | 2 tablespoons sugar.         |
| $\frac{1}{2}$ teaspoon ROYAL Baking | Enough flour to make a stiff |
| Powder.                             | dough.                       |
| 2 tablespoons fish oil.             |                              |

Take 6 yolks and 5 whites of eggs. Beat yolks and whites separately. Add together slowly and mix salt, baking powder, fish oil, brandy, sugar and the eggs. Add sufficient flour to make a stiff dough. Roll out, cut into squares and bake in a very hot oven, 450 deg.

MRS. ANNE KARPAS, *Worcester.*

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## LUNCHEON ROLLS

1 cup scalded milk.

$\frac{1}{4}$  cup sugar.

1 teaspoon salt.

4 cups sifted flour.

2 tablespoonsful butter.

1 egg.

1 cake yeast dissolved in  $\frac{1}{4}$  cup lukewarm water.

Scald milk, add sugar and salt, let stand till lukewarm. Add egg, yeast,  $1\frac{1}{2}$  cups flour and beat for couple of minutes. Continue beating whilst adding rest of flour. Beat till dough is stiff enough to handle. Let it stand (well covered) for 2-3 hours. Knead and shape into rolls. Place on buttered pan. Allow to rise, brush with egg and bake 12-15 minutes at 425 deg. Makes about 20 rolls.

MRS. MINNIE KOSSEW, *Worcester.*

## POFFERTJES (Old Cape Dutch Recipe)

$\frac{1}{2}$  lb. butter.

$\frac{1}{2}$  pint milk.

$\frac{3}{4}$  lb. flour.

6 eggs.

1 lb. vegetable fat.

Add butter to boiling milk. Stir into it gradually the flour (over the fire) till it ceases to adhere to the saucepan or spoon. Allow mixture to cool in a dish. Whisk yolks and whites of eggs separately, then stir in the eggs together. Now place vegetable fat in saucepan, when it boils well put lumps of dough, about a teaspoonful at a time, into the saucepan. Keep the puffs down with a skimmer (as they rise to the top of fat) till they are a light brown colour. Serve hot with sugar. Delicious.

MRS. A. V. KRIGE, *Mayoress, Worcester.*

## PANCAKES

1 egg.

1 cup milk.

4 tablespoons flour.

$\frac{1}{2}$  cup water.

$1\frac{1}{2}$  teaspoonsful ROYAL Baking Powder.

Salt.

Mix egg, milk and water together. Add gradually to flour, baking powder and salt. Mix well with egg-beater. Fry in hot oil and roll up with cinnamon and sugar sprinkled on top.

MRS. NORA DOWNES, *Worcester.*

## POPPY-SEED (OR HAMANTASCHEN)

Prepare babke dough, roll out about  $\frac{1}{4}$  inch thick. Cut into triangles or rounds, brush over with melted butter and allow to rise whilst preparing the poppy-seed filling (2 cups poppy-seed, 1 egg, 1 cup syrup). Cook the poppy-seed in boiling water for 10 minutes, rinse with cold water a few times. Strain. Beat up egg, add in syrup and seed. Mix and place a spoonful of the filling on each circle or triangle. Fold over to form a three-cornered cake. Brush the top with a beaten egg. Allow to rise and bake until golden brown (350 deg.).

MRS. CHANA BERGER, *Worcester.*

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## PUMPKIN SCONES

- |                             |                                  |
|-----------------------------|----------------------------------|
| 3 cups flour.               | 5 teaspoons ROYAL Baking Powder. |
| 1 small cup sugar.          | 3 tablespoons butter.            |
| 1-teacupful cooked pumpkin. | Pinch salt.                      |

Cream butter, add sugar, then pumpkin. Add sifted flour, baking powder and salt. The mixture must not be too stiff, a little water may be added. Take dessertspoonsful of the mixture, roll in floured palm of the hand, and pack close together in a greased tin. Bake in a hot oven for 20 minutes.

MRS. ROSE SANDLER, *Worcester.*

## RAISIN LOAF

- |                                    |                         |
|------------------------------------|-------------------------|
| 2 lbs. flour (8 cups).             | 2 eggs.                 |
| $\frac{1}{2}$ lb. butter.          | 1 lb. seedless raisins. |
| 2 tablespoons ROYAL Baking Powder. | 1 teaspoon salt.        |
|                                    | 1 pint warm milk.       |

Place all dry ingredients in bowl. Add milk and mix well. Bake in oven 400 deg. until golden brown.

MRS. EDA KRAMER, *Worcester.*

## SCONES

- |                                  |                       |
|----------------------------------|-----------------------|
| 2 cups flour.                    | 2 tablespoons butter. |
| 2 tablespoons sugar.             | 1 egg.                |
| 4 teaspoons ROYAL Baking Powder. | Little milk.          |
|                                  | Little salt.          |

Mix dry ingredients, add butter and work in with tips of fingers. Lastly, add egg that has been mixed with a little milk. Roll out and cut. Bake in a very hot oven (450 deg.) for 10 minutes.

MRS. NORA DOWNES, *Worcester.*

## TEA-TIME DOUGHNUTS

- |                                  |   |
|----------------------------------|---|
| 2 cups flour.                    | $\frac{1}{2}$ teaspoon ground cinnamon. |
| 1 cup sugar.                     | Pinch nutmeg.                           |
| 2 teaspoons ROYAL Baking Powder. | 2 tablespoons butter.                   |
| $\frac{1}{2}$ teaspoon salt.     | 1 egg.                                  |

Cream butter and add sugar slowly, add in egg. Beat well till mixture is light and fluffy. Sift dry ingredients and add alternately to mixture with milk. Stir till blended. Roll out into slightly floured board  $\frac{1}{4}$  in. thick. Cut out with doughnut cutter. Leave to stand uncovered 20 minutes. Drop into hot deep oil for 3 to 5 minutes, turning each doughnut as it rises to the surface until golden brown. Drain on greaseproof paper. Shake in a paper bag containing castor sugar. Doughnuts may be split and filled with cream.

MRS. ETTIE OROLOWITZ, *Worcester.*

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## VARIETY MILK BUNS

- |                          |                                   |
|--------------------------|-----------------------------------|
| 1 cup milk.              | 1 cup hot cooked potatoes.        |
| $\frac{1}{2}$ cup sugar. | 6 cups flour.                     |
| 2 teaspoons salt.        | 1 cake yeast.                     |
| 6 oz. butter.            | $\frac{1}{4}$ cup lukewarm water. |
| 3 eggs.                  |                                   |

Scald milk, add butter, sugar, salt and well-mashed potatoes. Cool. Add well-beaten eggs. Dissolve yeast in tepid water together with 1 teaspoon sugar. Add to mixture. Mix in flour, knead lightly till dough is smooth. Place dough into a greased bowl, cover well. Place in refrigerator. (Can be kept for a week.) Remove portion of dough required, knead well, and allow to rise for at least two hours, covered well. Make into desired shapes, let rise again, and bake in a hot oven 400 deg. 20 minutes or until golden brown.

## VARIATIONS

**CLOVERLEAF ROLLS:** Shape dough into small marble-sized balls. Place three in each greased muffin pan. Brush over with beaten egg yolk.

**CRESCENTS:** Roll dough out  $\frac{1}{4}$  in. thick, cut into triangles. Place any of the following fillings into each one and roll up, starting from the widest end. Spread with egg yolk and sprinkle with sugar.

**FILLINGS:** (1) Chopped dates, melted butter and nuts; (2) sultanas, raisins (seedless), cinnamon and sugar.

MRS. MAIDA SAKINOFKY, *Worcester.*

## WAFFLES (WIZARD BATTER)

- |                         |                                 |
|-------------------------|---------------------------------|
| 2 eggs.                 | $\frac{1}{2}$ cup water.        |
| 1 teaspoon sugar.       | 1 cup flour.                    |
| Pinch salt.             | 1 teaspoon ROYAL Baking Powder. |
| $\frac{1}{2}$ cup milk. |                                 |

Beat eggs with sugar and salt, add milk and water, flour and lastly baking powder. Beat until smooth to a consistency of thick cream. Flavour according to taste. Then put iron into smoking hot oil to heat. Shake off the oil, and dip the iron into the batter. Hold the iron in the batter until it stops sizzling, being careful not to let the batter cover the top of the iron. Return it to the hot oil, thoroughly covering the iron for a few seconds. Shake the iron slightly and the waffle will drop off. Leave waffle in oil for a second or two until golden brown. Serve with golden syrup or honey.

MRS. JANIE TRAUB, *Worcester.*

## WAFFLES

- |                                 |                              |
|---------------------------------|------------------------------|
| 1 cup flour.                    | 1 cup milk.                  |
| 1 teaspoon ROYAL Baking Powder. | 1 egg.                       |
| 1 tablespoon sugar.             | 4 tablespoons butter.        |
|                                 | $\frac{1}{4}$ teaspoon salt. |

Sift flour, baking powder, sugar and salt. Separate eggs, mixing yolks with milk, add dry ingredients. Beat egg whites, fold into mixture. Preheat waffle iron, brush over with butter or oil. Pour in enough batter to make thick waffle. Bake until brown. Serve with syrup, honey and cream.

MRS. ANN WURWAND, *Worcester.*

## WHITE BREAD—KITKE

- |                                   |                     |
|-----------------------------------|---------------------|
| 10 cups flour (3—3½ lbs.).        | 2 eggs (optional).  |
| 2 cakes yeast.                    | 1 oz. salt.         |
| 1 tablespoon fish oil (optional). | 1 tablespoon sugar. |

Enough warm water to make a soft but fairly firm dough.

Put flour in basin, add yeast that has been dissolved in a little tepid water. Add all other ingredients. Mix well and knead slightly. Make bread last thing at night, cover and keep in warm place. Re-knead next morning and place in oiled tins. Let rise until double quantity. Bake 400 to 450 deg. for 1½ hours.

MRS. SALLY ROTSTEIN, *Worcester.*

## WELL-KNOWN KOEKSISTERS

- |                       |                                  |
|-----------------------|----------------------------------|
| 1 lb. flour.          | 2 eggs.                          |
| 2 tablespoons sugar.  | 6 teaspoons ROYAL Baking Powder. |
| 1 teaspoon salt.      | 4 cups fish oil.                 |
| 1 small cup milk.     |                                  |
| 2 tablespoons butter. |                                  |

Rub butter into flour, add salt, sugar and baking powder, mix well. Whisk eggs, add to flour, and then add the milk little by little until dough is stiff. Roll out and cut into rectangles about ½ in. wide and 2 in. long. Make a slit in the centre of each and pull one end through slit. Drop into boiling oil, until golden brown. Syrup: 8 cups sugar, 6 cups water. Boil these two ingredients for 40 minutes. Allow to cool. Drop HOT Koeksisters into COLD syrup.

MRS. MATTY SMUTS, *Worcester.*

## WORCESTER BOSTON BREAD

- |                                 |   |
|---------------------------------|---|
| 1½ cups flour.                  | 1 cup coarse boer meal.                         |
| ½ cup mealie meal.              | 1 teaspoon salt.                                |
| ¾ teaspoon bicarbonate of soda. | 3 tablespoons golden syrup, honey or moskonfyt. |
| 2 teaspoons allspice.           | 1 cup buttermilk.                               |
| ¼ cup chopped walnuts.          | ½ lb. chopped (stoned) dates.                   |
| ½ to ¾ cup seedless raisins.    |   |

Sift dry ingredients together, except bicarbonate of soda. Mix the soda with a little buttermilk. Add syrup and milk and mix well. Add soda, nuts and fruit. Grease empty cocoa or coffee tins as well as the lids. Fill tins two-thirds full. Cover with lids and steam for 3 hours. For steaming: Place tins on a cloth in a saucepan of boiling water, allowing water to come half way to two-thirds up. The water must be kept boiling all the time. More water can be added to saucepan from time to time. The saucepan must be kept closely covered. When ready remove from tins and put back in a moderate oven for about 10 to 15 minutes.

MRS. DALENE VAN NIEKERK, *Worcester.*

---

*Carrot curls can be made by shaving off long, thin strips of carrot, using a potato peeler. Curl these around your first finger, then place curls in icy cold water. Leave for a while before using.*



# LUNCHEON and SUPPER DISHES

## CHEESE SOUFFLÉ

½ oz. butter.  
1 tablespoon flour.  
½ pint milk.  
1 cup grated cheese.

Yolks of three eggs.  
Whites beaten separately into a froth.

Melt butter, mix in flour, add milk slowly, then salt and pepper. Bring to the boil, remove from stove and cool slightly. Add grated cheese and yolks of eggs. Lastly, fold in whites stiffly beaten. Put in flat buttered dish and bake till a golden brown. Time: About 20 minutes. Oven approx 350 deg.

MRS. E. ROSS ROBERTS, *Worcester.*

## FRENCH TOAST

2 eggs.  
1½ cups milk.  
½ teaspoon salt.

½ teaspoon cinnamon.  
1 teaspoon sugar.  
6 slices bread.

Combine eggs, salt and milk in a bowl. (Optional to use cinnamon and sugar.) Soak the bread slices one or two at a time, turning to coat both sides. Have frying pan well heated. Melt butter and fry bread on both sides. Serve hot with syrup or jam.

MRS. MAIDA SAKINOFKY, *Worcester.*

## HADDOCK SAVOURY

1½ lbs. haddock.  
2 to 3 large onions.  
6 large tomatoes.

Butter.  
Milk.  
Cream.

Slice onions and brown in butter. When browned remove from pan. Put haddock in water and bring to boil (to remove excess salt). Remove from water. Dry on board. Fry in buttered pan. Add browned onions. Add tomatoes cut up small. Add little milk. Allow to simmer until tomatoes are quite melted into liquid. Add one tablespoon cream. Allow to simmer another minute or two. Serve with mashed potatoes. Potatoes can be mashed with a little gravy from haddock savoury.

MRS. S. BECKER, *Johannesburg.*

## MACARONI CHEESE

½ pkt. macaroni.  
2 pints milk.  
2 eggs.  
½ lb. Cheddar cheese.

1½ to 2 oz. butter.  
Cinnamon.  
Salt.

Boil macaroni with 1 teaspoon salt until tender, strain off all water, beat eggs well, add grated cheese, milk, pinch salt and sprinkling of pepper. Add macaroni and mix all together. Put lumps of butter on top and sprinkle with cinnamon. Bake in slow oven until golden brown (250 deg.—about 1½ hours). Serve with tomato sauce.

MRS. SALLY ROTSTEIN, *Worcester.*

## POACHED EGG DE LUXE

2 tablespoons flour.

1 oz. butter.

$\frac{1}{2}$  lb. Cheddar cheese (grated).

$\frac{1}{2}$  pint milk.

Salt and pepper to taste.

Poached eggs as required.

Melt butter stir in flour. When mixture thickens add the milk slowly until the sauce is thick and creamy. Stir until mixture boils. Add grated cheese, salt and pepper. Simmer for 2 minutes, stirring constantly. Remove crusts from hot toast, place a poached egg in the centre of each slice. Pour over cheese sauce and decorate with parsley and cheese.

MRS. NAOMI SAGOR, *Worcester.*

## SWEETCORN SOUFFLÉ

Fold two well-beaten eggs and a cup of milk into contents of one tin sweetcorn. Place in a buttered dish. Place lumps of butter and grated cheese on top. Bake in a moderate oven. Serve hot (350 deg.).

MRS. JULIA RABINOWITZ, *De Doorns.*

## SPINACH EGG

Wash spinach, cut in slices and boil. Drain water and put the spinach in a small pyrex dish with salt, pepper and a piece of butter. Break an egg on the spinach and bake in the oven. Serve with mashed potatoes and tomatoes.

MRS. LEAH POLIVNIK, *Worcester.*

## TASTY CHEESE

1 cup grated cheese.

1 teaspoon salt.

Pinch red pepper.

6 slices buttered bread.

Cut the bread into circles, diamonds or squares. Butter them lightly and brown by placing in oven. Cover each with thick layer of grated cheese to which seasoning has been added. Bake in the oven until the cheese is thoroughly melted and serve at once.

MRS. JANIE TRAUB, *Worcester.*

## TOMATO SOUFFLÉ

1 cup tomato pulp.

1 saltspoon mixed herbs.

$\frac{1}{2}$  oz. grated cheese.

1 oz. butter.

1 oz. flour.

2 tablespoons cream.

2 eggs.

Salt and pepper.

Put tomato puree in a small saucepan, add herbs and butter and let it come to the boil. Mix the flour and cream and stir into tomato puree. Stir with wooden spoon for about 5 minutes. Then add cheese and let cool. Season and work in yolks one at a time. Fold in stiffly beaten egg whites and bake in hot oven (350-400 deg.) for 10 minutes. Serve immediately.

MRS. ELSA HASSALL, *Pretoria.*



## TOASTED SAVOURY FINGERS

- |                                 |                                 |
|---------------------------------|---------------------------------|
| Thin fingers toasted bread.     | $\frac{1}{4}$ teaspoon mustard. |
| $\frac{1}{2}$ lb grated cheese. | Pepper and salt.                |
| 1 egg.                          | 2 tablespoons butter.           |

Cream butter, add egg and beat together, add cheese and other dry ingredients, spread on toast. Bake in medium oven for 5 minutes until the mixture is toasted.

MRS. BESSIE SENNETT, *Worcester.*

## SPAGHETTI ITALIENNE

- |                                    |                               |
|------------------------------------|-------------------------------|
| 6 fairly large onions.             | $\frac{1}{4}$ pkt. spaghetti. |
| 3 to 4 tomatoes (or tomato sauce). | Cheddar cheese.               |

Slice onions and fry in butter until golden brown. Add tomatoes which have been scalded and skinned. Allow to cook for a few minutes. Boil spaghetti with about 1 teaspoon salt. Strain off and serve hot with onion gravy and grated cheese on top. Salt and pepper to taste.

MRS. SALLY ROTSTEIN, *Worcester.*

## VERMICELLI RELISH

- |                           |                            |
|---------------------------|----------------------------|
| 3 tablespoons vermicelli. | $3\frac{1}{2}$ oz. sugar.  |
| 2 oz. butter.             | Grated rind of lemon.      |
| 2 eggs.                   | $1\frac{1}{2}$ pints milk. |

Boil the milk, and when boiling stir in the vermicelli. Add the butter, sugar and grated rind of lemon. While still hot beat in the eggs. Bake for  $\frac{1}{2}$  hour in moderate oven.

MRS. ANNE GEFFEN, *Sea Point.*

## WELSH RAREBIT

- |                                     |                             |
|-------------------------------------|-----------------------------|
| 1 tablespoon butter.                | 1 teaspoon Worcester sauce. |
| $1\frac{1}{2}$ cups diced cheese.   | 1 cup cream or milk.        |
| $\frac{1}{4}$ teaspoon salt.        | 1 egg yolk.                 |
| Few grains cayenne pepper.          | Toasted bread.              |
| $\frac{1}{4}$ teaspoon dry mustard. |                             |

Melt butter in double boiler, stir in cheese and melt slowly. Add dry ingredients and then Worcester sauce. Mix, add milk slowly. Remove from the fire, beat in egg yolk. Blend. Pour over portions on toast and serve hot.

MRS. MIRIAM SCHEIFFER, *Stellenbosch.*

---

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# SOUR MILK and CREAM CHEESE

In very hot weather milk may "turn" till it is thick and solid, but do not throw it away as being "bad," because there are many delicious ways of using it in this state. Milk that has gone sour makes very light scones, biscuits and cream cheese.

## CREAM CHEESE (1)

Place a jugful of milk that has gone sour in a warm place until it is very thick. Heat the milk in a saucepan over low heat until the whey rises to the top. Pour in a bag (well-washed flour bags are excellent for this) and hang the bag up to drain overnight. Do not squeeze. Season with salt and keep in a cool place. It is nicest when fresh.

MRS. MAIDA SAKINOFKY, *Worcester.*

## CREAM CHEESE (2)

4 to 6 pints fresh milk to make sour milk. When the milk has turned sour boil up 2 pints fresh milk and pour the sour milk into the hot milk. Place into a flour bag and hang up. Place a basin underneath to let water drip off. When all the water has drained off add a little salt and pepper to taste and press into shape in the bag.

MRS. HILDA SANDLER, *Worcester.*

## LEBEN

### (Israeli Beverage for Hot Days)

Place 3 glasses fresh milk into a saucepan, heat to lukewarm. Add in 3 teaspoons sour cream. Mix and let remain on stove overnight. The following day place in refrigerator, and when required pour into glasses and serve with potatoes. Very tasty and healthy.

MRS. YEHUDITH RABINOWITZ, *Worcester.*

## CHEESE BLINTZES (PANCAKES)

- |                             |                                  |
|-----------------------------|----------------------------------|
| 1 lb. cream cheese.         | $\frac{1}{4}$ teaspoon salt.     |
| 1 egg.                      | 1 teaspoon sugar.                |
| 1 tablespoon melted butter. | $\frac{1}{4}$ teaspoon cinnamon. |

Prepare pancakes (as for meat blintzes in *Accompaniments to Soups*). Place 1 heaped tablespoon of cheese mixture in centre of each blintze, fold over and fry in butter.

MRS. MAIDA SAKINOFKY, *Worcester.*

## SOUR MILK LATKES (PANCAKES)

- |                    |                            |
|--------------------|----------------------------|
| 1 glass sour milk. | 1 spoonful cream.          |
| Pinch salt.        | Little sugar (if desired). |
| 1 egg.             | Enough flour to mix.       |
| Pinch cinnamon.    |                            |

Mix sour milk, salt, egg, cinnamon, sugar and cream together. Add the flour gradually to make a loose dough. Drop spoonfuls in hot buttered pan. When bubbles appear turn over quickly, brown and take off. Serve with mixed cinnamon and sugar.

MRS. HILDA SANDLER, *Worcester.*

## SALTENOSSES

### PASTRY

- 2 cups flour.
- 2 eggs.
- $\frac{1}{2}$  teaspoon salt.
- $\frac{1}{2}$  cup water.

### CHEESE MIXTURE

- 1 lb. cream cheese.
- 1 egg.
- Pepper, salt and sugar to taste.

Make a fairly stiff dough and roll out thin. Cut into oblongs about 2 $\frac{1}{2}$  in. x 4 in. Place dessertspoons of cheese mixture on this and roll up. Press down firmly, so that cheese will not run out. This recipe makes 2 dozen saltenosses. Put 2 pints of water on to boil, plus 1 teaspoon salt. When boiling add saltenosses and allow to boil for 5 minutes. Drain and place in a buttered pyrex dish. Add  $\frac{1}{2}$  cup milk, 3 ozs. butter, 1 cup cream, 1 table-spoon sugar and cinnamon to taste. Bake in oven 350 deg. for 1 hour.

MRS. R. RABINOWITZ, *Sandown, Muizenberg.*

## STUFFED PRUNES

Take as many medium-sized prunes as required. Soak them overnight. Cook prunes for approx. 20 minutes. Remove stones, chill and fill with cream cheese.

MRS. ANN GEFFEN, *Sea Point.*

## WHITE CHEESE PUDDING

- |                           |                                      |
|---------------------------|--------------------------------------|
| 1 lb. white cream cheese. | $\frac{1}{2}$ cup sour cream.        |
| 2 oz. butter.             | 2 well-beaten eggs.                  |
| 1 teaspoon salt.          | $\frac{1}{4}$ teaspoon white pepper. |
| 2 cups boiled noodles.    |                                      |

To the already cooked noodles add all other ingredients. Mix well. Pour into greased baking dish. Bake 350 deg. for 1 hour.

MRS. SHIFRA ROSFIELD, *Johannesburg.*

## MY FAVOURITE RECIPE:



# MEATS

---

## CHICKEN PIE

Cut one chicken into very small pieces. Add a tablespoonful of chicken fat, one cup of water. Place in a pyrex dish, cover and place in oven of about 400 deg. till the meat is almost tender. Make a flaky pastry as follows: 8 oz. flour,  $\frac{1}{4}$  teaspoon salt, 5 ozs. Pastrine, 2 teaspoons lemon juice, ice water. Add salt to flour, divide Pastrine into three portions and rub one portion into the flour, mix to a stiff paste with the cold water and lemon juice and roll out in a long thin piece. Put the second portion of Pastrine in small pieces on the rolled pastry and flour, fold in three pieces and roll out again. Put the third piece of Pastrine on in same way. Allow to stand in the refrigerator for at least four hours. Roll out twice more. Cover the chicken and bake in hot oven.

MRS. SARAH SAKINOFSKY, *Woodstock.*

## CHICKEN (ROAST)

Make a mixture of salt, pepper, little ginger and rub over fowl, spread remainder inside. Place fowl into large pot, cut in an onion together with a few bay leaves and peppercorns, add 1 cup water. Cover with lid, simmer for about  $1\frac{1}{2}$  hours or until tender. Then place into roaster in oven and let brown. From time to time baste so that chicken does not become dry.

MRS. YEHUDITH RABINOWITZ, *Worcester.*

## COTTAGE PIE

Boil 6 large potatoes. Mince 2 lbs. raw meat with 1 onion and 1 slice bread. Mix in an egg, seasoning to taste, bake slightly in oven. When the potatoes are soft drain and mash. Add a little fat and salt and pile on top of baked meat. Roughen with a fork and bake.

MRS. RAE LEADER, *Worcester.*

## CURRIED MEAT BALLS

1 lb. mincemeat.

Rounded teaspoon curry powder.

Breadcrumbs.

1 egg.

$\frac{1}{2}$  grated onion.

Fat for frying.

Mix mincemeat with curry powder. Add salt, pepper, grated onion and soaked bread and beaten egg. Shape into balls, roll in breadcrumbs and fry in hot fat. Serve with mashed potatoes and green peas.

MRS. SARAH GOODMAN, *Worcester.*

## CURRIED MEAT

Season and stew small cubes of beef or mutton with one onion until tender. This should take  $2\frac{1}{2}$  hours. Half an hour before serving add the following: 1 tablespoon curry powder 1 tablespoon flour, 1 tablespoon vinegar, 1 dessertspoon sugar. Mix all the above ingredients to a paste with a little water before adding to meat. A tomato or grated apple may also be added to stew before putting in the curry mixture.

MRS. HILDA SANDLER, *Worcester.*

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## LIVER (CHOPPED)

Liver.  
2 hard-boiled eggs.  
1 large onion.

Chicken fat.  
Salt and pepper.

Fry liver and onions in chicken fat, mince together with eggs. Mix in about 1 tablespoon chicken fat, or more if necessary, add seasoning.

MRS. LEAH POLIVNIK, *Worcester.*

## LIVER WITH A FRENCH TOUCH

Brown some onions, then put liver in the same pan. The liver should be cut in strips and rolled in breadcrumbs. Keep heat low while liver is frying. Add 2 tablespoons of red wine and a little water. Cover pan and simmer for 10 minutes.

MRS. BERTHA ROSENBERG, *Worcester.*

## LIVER SMOTHERED IN ONIONS

Heat some fat in a pan. Slice 2 to 3 onions into the fat and cook until the onions are yellow. Dice 1 lb. liver, sprinkle with salt and pepper and dredge with flour. Add a bay leaf and 2 peppercorns to the fat. Cover and cook 5 minutes. Turn the liver. Add 1 cup hot water. Stir well and cook 10 minutes longer. Serve with mashed potatoes and green peas.

MRS. ANN BRAUER, *Worcester.*

## LIGHT LUNCHEON DISH

Peel some large potatoes of the same size. Cut off  $\frac{1}{2}$  inch of the top, hollow out the insides, leaving a shell of  $\frac{1}{2}$  inch all round. Fill with some minced meat seasoned with salt, pepper and chopped onion, moisten with gravy and if liked a little ketchup. Put on the tops, arrange the potatoes in a baking tin with fat and bake in a quick oven for about an hour (400 deg.).

MRS. ELSA HASSALL, *Pretoria.*

## MINCED MEAT IN CABBAGE LEAVES

Any meat, minced.  
Lemon and sugar.

1 large cabbage.  
Fat.

Scald cabbage with boiling water until leaves are fairly soft. Prepare meat and put a little into each leaf and roll up. Heat fat in pot and put in the prepared cabbage. Add lemon and salt to taste. About  $\frac{1}{2}$  glass of lemon juice. About an hour before serving grate in a piece of gingerbread or ginger nuts to thicken gravy.

MRS. LILY LEADER, *Worcester.*

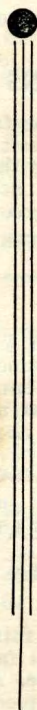
## PICKLED MEAT (TONGUE, BRISKET)

Prick meat well with a fork, put in a large dish in which it is to be pickled. Rub the following brine over meat: 3 teaspoons saltpetre,  $\frac{1}{2}$  cup coarse salt, peppercorns and bay leaves, 1 tablespoon mustard, 1 tablespoon sugar, 2 tablespoons vinegar. Cover basin with a plate or plank on which a heavy weight has been placed. Turn meat once daily.

MRS. IDA MERSON, *Worcester.*

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## PITZAH (BRAWN)

Take 2 or 3 calves' feet or one ox foot. Clean well, soak in cold water for 1 hour, drain. Add 3 pints of water, cut in one or two onions, a little salt and pepper and boil till the hoof is nice and soft. If, while boiling, the water content gets too low add more water in order to have sufficient gravy later on. Remove the feet from the gravy and mince the hoofs. Taste the minced jelly and add more salt and pepper to taste if necessary. Strain the warm gravy to free it from bone fragments. Add the gravy to the minced hoof, mixing all the time until a jelly is formed. Allow to cool, meanwhile slicing 2 or 3 hard-boiled eggs as required. Add the egg slices carefully on top of the jelly to garnish. Place in the refrigerator and serve when cold.

MRS. SARAH SAKINOFKY, *Woodstock.*

## TASTY CHICKEN PIES

### PUFF PASTRY

1 lb. shortening.  
1 drop vinegar.  
1 lb. flour.

Little salt.  
Iced water.

Make a stiff dough by mixing flour, iced water, vinegar and salt together. Roll out, divide shortening into six portions. Place one portion on to half of dough in small pieces, fold over. Roll out again and fold. This takes place six times. Repeat process with other half of dough. Leave in refrigerator, covered with greaseproof paper. (During the summertime the dough may get warm whilst rolling, so place in refrigerator for a short while to cool, and then continue rolling.) Should the pastry be kept overnight in the refrigerator the pastry will be lighter and tastier.

### FILLING

Cook one small chicken in very little water, with one sliced onion and seasoning. When tender, chop into small pieces. Then place in a saucepan and brown slightly with a little fat and Worcestershire sauce, also the gravy that has remained over from the cooking of chicken. Let cool. Beat in an egg. Roll out pastry  $\frac{1}{4}$  in. thick. Cut out with a saucer upside down. Put in filling, fold over, press down with fingers. Brush over with beaten egg. Bake in a very hot oven till brown.

MRS. ARTEMIS GIANNELLOS, *Worcester.*

## TOMATO BREEDIE

2 lbs. mutton.  
 $\frac{1}{2}$  lb. onions.

2 lbs. tomatoes.  
Cooked rice.

Pour boiling water over tomatoes; when skins crack peel them. Slice the onions, put in a stewpan without water. Add sliced tomatoes, fried meat, seasoning and one tablespoon sugar, add 1 tablespoon vinegar. Stew slowly until the mutton is tender. Serve with a border of cooked rice.

MRS. RAE LEADER, *Worcester.*

## TZIMES (Prune)

Take any meat with the exception of veal and poultry, brown in pot with two tablespoons fat and sliced onion, salt and pepper to taste. When meat is tender add in 1 lb. prunes (which have been washed in boiling water). Pour in 1 cup water, and add in a few potatoes. Cook on low heat for an hour. Before removing from stove add sugar to taste.

MRS. SARAH SAKINOFKY, *Woodstock.*

## GINGER PUDDING

2 eggs.  
2 tablespoons fat.  
1 teaspoon ginger.  
2 tablespoons syrup.

1 teaspoon ROYAL Baking Powder.  
1 teaspoon cinnamon.  
Pinch of salt.  
Flour.

Beat eggs with syrup and fat, add ginger, salt and cinnamon. Add baking powder with enough flour until mixture is consistency of thick cream. Bake in greased pan for 20 to 30 minutes.

MRS. EDITH WEINBERG, *Worcester.*

All meat puddings, such as potato, lokshen or Yorkshire puddings, should be baked in a baking dish in hot fat. Pour mixture into dish and do not mix. This bakes the pudding right away and prevents it from getting sodden.

MRS. ROSE LEVIN, *Central Hotel, Oudtshoorn.*

## STEAMED PUDDING

5 heaped tablespoons flour.  
3 tablespoons shortening.  
3 tablespoons jam or syrup.

1 level teaspoon bicarbonate of soda.  
2 or 3 eggs according to size.  
Pinch of salt.

Grease pudding basin well. Line bottom of basin with jam. Mix flour, soda, salt and fat, then add jam and lastly the beaten eggs. Steam for 3 or 4 hours. Serve with custard or wine sauce. This pudding can be varied by adding fruit, marmalade or dates. N.B.—Currants, sultanas and raisins may be used.

## BRANDY SAUCE

$\frac{1}{2}$  pint water.  
1 wineglass brandy.

2 oz. sugar.  
1 level tablespoon custard powder

Mix powder into a smooth paste and add to the boiling water and sugar. Stir in the brandy and serve hot.

MRS. GERTIE BROUDIE, *Worcester.*

## YORKSHIRE PUDDING

1 cup water.  
1 teaspoon ROYAL Baking Powder.

1 egg.  
Salt and pepper to taste.  
Flour.

Beat egg, add water, baking powder and enough flour to make a batter. Pour into pyrex dish which has about  $\frac{1}{2}$  in. deep boiling fat. Bake in a very hot oven (450-500 deg.).

MRS. SALLY ROTSTEIN, *Worcester.*



## A GENERAL PURPOSE PASTRY

2 cups flour.  
3 teaspoons ROYAL Baking  
Powder.

4 tablespoons hard fat or  
Pastrine.  
1 teaspoon salt.  
Water.

This pastry is suitable for pirogen, top of steak and kidney pie, mince meat roll, or over little bits of stewed chicken over from Sunday dinner.

Rub fat into dry ingredients and make into dough with water stiff enough to roll out with a rolling pin. Bake in oven 350 deg.

MRS. SYLVIA BROWN, *Worcester.*

## EASY STUFFING

1 grated onion.  
Small pieces raw fat from  
chicken.  
2 tablespoons matzo meal.

2 tablespoons flour.  
1 tablespoon Jungle Oats or  
grated water biscuits.  
Salt and pepper.

Rub all together, add in a little melted fat, and stuff fowl and neck.

MRS. TILLY HASSALL, *Johannesburg.*

## STUFFING FOR POULTRY

4 to 6 whole potatoes (grated).  
2 apples.  
2 cups Post Toasties.

1 egg.  
Salt and pepper.  
Chicken fat.

Mix all ingredients together and stuff. If desired, chopped parsley may be added.

MISS SALLY BROUDIE, *Worcester.*

## PASTRY FOR MEAT PIES

2½ cups flour.  
½ lb. fat.  
1 egg.

2 teaspoons ROYAL Baking  
Powder.  
Pinch salt.

Rub fat into dry ingredients. Add beaten egg and enough cold water to make fairly stiff dough. Bake 400-450 deg.

MRS. SALLY ROTSTEIN, *Worcester.*

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# VEGETABLES

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## BRINGAL OR EGG PLANT (Israeli Dish)

Bake one large egg plant in oven (with skin). When well done cool and scoop out the pulp. Mince with 3 hard-boiled eggs and small onion which has been fried in chicken fat. Add chicken fat in which onion has been fried. Mix well. Serve hot or cold.

MRS. YEHUDITH RABINOWITZ, *Worcester.*

## CAULIFLOWER WITH WHITE SAUCE

Remove outer leaves and root, also thick stalk from cauliflower. A little vinegar added to the water will remove any grime. Wash over and cook for about 15 minutes. Make sauce from 1 pint milk (2 cups), 2 dessertspoons flour, 1 dessertspoon butter and salt and pepper to taste. Rub flour and butter and salt to a paste. Add boiling milk gradually, beating well to avoid lumps. Return to saucepan and stir until thick and creamy. Keep hot until required.

MRS. ELSA HASSALL, *Pretoria.*

## FRUIT SQUASH

Cut squashes in half and clean. Fill the centres of each with peeled and cored apples. Sprinkle sugar over and bake until the squashes become tender. This makes an attractive dish to go with any roast.

MRS. BERTHA ROSENBERG, *Worcester.*

## POTATO PANCAKES

Peel and grate 6 large potatoes, put in dish. Grate two large onions and fry in fat till golden brown. Add to the potatoes the fried onions, 1 teaspoon salt,  $\frac{1}{2}$  teaspoon pepper, 1 teaspoon cinnamon, 1 dessertspoon sugar. Beat in two eggs until blended. Add  $\frac{1}{2}$  cup flour, 1 teaspoon ROYAL Baking Powder and tablespoon fat. Mix and fry in fat. Mixture is also good for a pudding to be baked in oven. If sweet potatoes are used omit sugar.

MRS. MAIDA SAKINOFKY, *Worcester.*

## RICE PILAFI

1 cup rice.

2 cups soup stock or chicken broth.

Place rice in a saucepan with a little fat, brown slightly. Pour over the boiling broth, with salt to taste, and cook over a slow fire without lid. When water has cooked away remove from fire, replace lid. Serve hot.

MRS. ARTEMIS GIANNELLOS, *Worcester.*

## SWEET AND SOUR CABBAGE

- |                                 |                             |
|---------------------------------|-----------------------------|
| 1 medium cabbage.               | 2 large carrots.            |
| 2 apples.                       | 2 tablespoons sultanas.     |
| 1 level teaspoon tartaric acid. | 2 tablespoons golden syrup. |
| 1 tablespoon sugar.             |                             |

Wash cabbage carefully and shred into saucepan with the grated carrots and apples. Add syrup, tartaric acid, sugar and salt to taste, also the sultanas. Add  $\frac{1}{2}$  cup water and simmer for an hour.

MRS. ANN KARPAS, *Worcester.*

## "THE BLACK CHEF'S" RICE DRESSING

Wash him well, much wash in cold water (the rice flour make him stick). Water boil all ready very fast. Throw him in, rice can't burn, water shake him too much. Boil quarter of one hour, or little more, rub one rice in thumb and finger, if all rub away, him quite done. Put rice in colander, hot water run away, pour cup of cold water on him, put back rice in saucepan. Keep him covered near the fire then rice all ready. Eat him up!

MRS. NANCY ROSS ROBERTS, *Worcester.*

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# FLOWERS

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## **Their Arrangement and Preservation**

When arranging flowers use a needle-holder. A good one will last a lifetime.

Stems of flowers must be cut on the slant, as it helps them to draw more water and is more easily fixed into the wire or needle-holder. The cut side must face upwards after it has been put into the needle-holder.

Stems are all put into the needle-holder in an upright position and then brought to the desired position.

Push a bit of wood up hollow stems. It helps to keep them firm.

Hard stems that will not go into the needle-holder must first be bruised at the bottom.

Arrange flowers as they grow. Let them look up as they look up to the sun.

It is assumed that the top edge of the bowl must suggest the top of the soil.

Strip flower stems of leaves as far as they go into the water, as this not only keeps the water cleaner but also makes it easier to get them into the wire or needle-holder.

Each flower must be seen to its best advantage; therefore, don't arrange them the same height, but in different lengths.

Better balance is obtained if the larger and darker flowers are used lower down and the smaller and lighter ones higher up, unless the smaller flowers are used to form a group lower down.

## **Artificial Preservation**

The first step in the preservation of flowers is the care in picking. Select in the morning before sunrise or after sunset, as the hot sunshine closes the pores of the flowers, stops their breathing and then they do not readily absorb water.

Cutting stems on the slant gives a larger water drawing area. They should be placed in a deep container of cool water for at least 1 to 3 hours in a dark corner before arranging, or, better still, leave overnight to harden. Since the stems are the means through which water is mainly obtained, they should be split an inch up, scraped or crushed. For this reason the Japanese recut stems under water before arranging, so that no air can go up the stems. There is no way to extend the natural life of any flower. The best that can be hoped for is that the flower may be induced to stay as fresh as long as it would if it had not been plucked. The problem is not to extend the natural life of a flower but to achieve that natural life or something approximating that natural life. Cold water and cold temperatures are the best methods. Avoid warm and draughty rooms.

The secret of beauty in flower art is not in the kind of flowers you select, but in what you do with them.

MRS. ANNELINE BOTHER, Worcester.

*Page Forty-nine*

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# SUGGESTIONS FOR A BUFFET

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## COLD BEETROOT SOUP

KICHEL

## CHOPPED HERRING

FILLETTED SOLE :: GIFULTE FISH

PICKLED BEETS :: SLICED TOMATOES

HORSERADISH SAUCE

POTATO SALAD

SALTED PEANUTS

SWEET MELON :: ICE CREAM

COFFEE

## FRIED CHEESE BALLS

1½ cups grated cheese.

3 eggs.

1 tablespoon flour.

Salt, pepper and cracker

crumbs.

Beat the whites of eggs, add the other ingredients, make into balls and roll in cracker crumbs. Fry in deep boiling oil. If the amount of flour is doubled the mixture may be dropped from a spoon and fried without being rolled in crumbs.

MRS. UNA DROOMER, *Worcester.*

## CHICKEN BROTH

SMALL HOT BLINTZES

ROLLS

CHOPPED LIVER

ASSORTED COLD MEATS

BRISKET :: TONGUE :: POULTRY

SAUERKRAUT :: PICKLED CUCUMBERS

EGG AND LETTUCE SALAD

POTATO CHIPS

FRUIT SALAD

## PRUNES IN WINE

1½ lbs. prunes.

1 bottle wine.

½ lb. almonds.

Wash prunes and dry well with cloth, slit and remove pits, fill with almonds or crushed nuts, close and place in an airtight jar (Balls), pour over wine and close with lid. Leave for six weeks. Prunes will be double their size. Place cocktail sticks in each prune and serve.

MRS. BECKY YODEIKIN, *Bulawayo.*

Cocktails and other iced drinks may be served before the luncheon or supper.

Buffet suggestions: MRS. MAIDA SAKINOFSKY.

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**PROMPT ATTENTION**



# ICE CREAMS

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## MARSHMALLOW ICE CREAM

- |                           |                            |
|---------------------------|----------------------------|
| $\frac{1}{2}$ pint cream. | 1 teaspoon MOIR'S Vanilla  |
| $\frac{1}{2}$ pint milk.  | Essence.                   |
| Pinch salt.               | 25 marshmallows (approx.). |

Dissolve marshmallows and milk in a saucepan over low heat, stirring constantly. When mixture thickens remove from heat, fold in the essence, salt and whipped cream. Freeze and after an hour remove, beat till creamy, and return to refrigerator.

MRS. LEA STEIN, *Linksfeld.*

## PASSION FRUIT ICE CREAM

- |  |                             |
|--|-----------------------------|
| 12 granadillas.                        | $\frac{1}{2}$ pint cream.   |
| $\frac{3}{4}$ to 1 tin condensed milk. | 1 dessertspoon white sugar. |

Open granadillas, place pulp in a sieve with a bowl underneath to catch the juice. Stir pulp so as to obtain as much juice as possible. Whisk the cream with the sugar till fairly stiff. Place the condensed milk in a large deep bowl together with the cream, whisk till completely blended. (If a sweeter mixture is desired use whole tin condensed milk, otherwise  $\frac{3}{4}$  is sufficient.) Now empty the ice cubes from two refrigerator trays (do not do this before, as it is essential that the trays should be as cold as possible in order to prevent the ice cream curdling once the juice is added). Add the juice as quickly as possible now and whisk thoroughly, and immediately pour the mixture into the trays and place in the refrigerator. When completely firm, the ice cream is ready to serve.

MRS. RUTH BOTHA, *Worcester.*

## VANILLA ICE CREAM

- |                       |                                 |
|-----------------------|---------------------------------|
| 1 tin Ideal milk.     | 1 to 2 teaspoons MOIR'S Vanilla |
| 1 tin condensed milk. | Essence.                        |
| 1 pint fresh milk.    | $\frac{1}{2}$ pint sweet cream. |

Mix ingredients well together, place in freezing chamber of refrigerator on highest point. After an hour remove, beat thoroughly, replace and freeze on lower point (2 or 3).

MRS. SALLY ROTSTEIN, *Worcester.*

## VELVETY ICE CREAM

- |              |                           |
|--------------|---------------------------|
| 1 pint milk. | 1 teaspoon MOIR'S Vanilla |
| 2 eggs.      | Essence.                  |
| Pinch salt.  | 1 tin condensed milk.     |

Beat condensed milk and yolks very well with egg whisk. Add in salt and essence. Warm the milk on low heat. When lukewarm pour over the mixture and beat again for about 10 minutes. Place in ice trays, freeze for one hour, then remove and fold in the two egg whites which have been stiffly beaten. A few drops of cochineal may be used, stir thoroughly and place again in freezer.

MRS. MAIDA SAKINOFKY, *Worcester.*

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# SWEETS

---

## APRICOT PLETZLACH

1 lb. dried apricots.

1 whole orange.

4 cups sugar.

Soak apricots overnight. Then mince together with the orange, skin included. Boil up with sugar for 20 minutes, stirring well. Place on a wet board to cool, cut into squares and roll into sugar.

MRS. ANNIE RABINOWITZ, *Worcester.*

## COCONUT ICE

4 cups sugar.

$\frac{1}{2}$  lb. or more coconut.

$\frac{1}{2}$  pint water.

Cochineal and MOIR'S Vanilla

$\frac{1}{2}$  teaspoon cream of tartar.

Essence.

Boil water, sugar, cream of tartar, cooking quickly for 12 minutes. Place the syrup in a bowl. When fairly cool beat up until mixture becomes creamy and cloudy. Stir in the coconut slowly, add in a few drops essence. Place half of white mixture into a pan lined with greaseproof paper. To the other half mixture add a few drops pink cochineal. Mix, pour on the top of first mixture. Allow to harden and cut into bars.

MRS. MAIDA SAKINOFSKY, *Worcester.*

## FUDGE (1)

1 tin condensed milk.

2 $\frac{1}{2}$  lbs. sugar.

1 cup milk.

1 tablespoon butter.

Put all ingredients on to boil. When mixture boils allow to cook slowly for 40 minutes, keep stirring, then remove from stove. Whip up quickly for 10 minutes. Pour into greased dishes and cool. Cut into squares before mixture cools.

MRS. NORAH SHELLEY, *Sea Point.*

## FUDGE (2)

1 tin condensed milk.

1 tablespoon warm water.

$\frac{1}{2}$  lb. butter.

1 lb. icing sugar.

1 tablespoon syrup.

Few drops MOIR'S Vanilla

Essence.

Dissolve butter, syrup and sugar on stove in the warm water. Lastly, add milk and essence and beat well. When ready place in a flat pan. Cool and cut into squares.

MRS. ANNA ABRAMOWITZ, *Worcester.*

## HONEY SWEETS

1 lb. honey.

3 tablespoons sugar.

1 lb. chopped walnuts.

Juice of 1 lemon.

Melt honey and sugar over stove, add nuts. Cook slowly, stirring for 20 minutes. Add lemon juice. Stir another 2 minutes. Pour on damp board. Cut into shapes.

MRS. LAUB, *Parktown, Johannesburg.*

## IMBALICH OR CARROT SWEETS

This is a very unusual sweet and can keep for many weeks. Peel and grate finely as many bunches carrots as required. Then to every cup of carrots, pressed down firmly, add one cup sugar. Cook these two ingredients over a low fire, stirring often to prevent burning. Simmer till mixture thickens. This, however, takes a few hours. When mixture is almost ready add 1 to 2 teaspoons ground ginger and 1 cup chopped nuts. Mix well and place on a wet board to dry. Cut into diamond shapes.

MRS. MAIDA SAKINOFSKY, *Worcester.*

## MARSHMALLOWS

- |                         |                           |
|-------------------------|---------------------------|
| 2 tablespoons gelatine. | 2 cups castor sugar.      |
| 1½ cups water.          | 1 teaspoon MOIR'S Vanilla |
| Few grains salt.        | Essence.                  |

Dissolve gelatine in ½ cup cold water. Boil ¾ cup of water and the sugar until the svrup spins a thread. Add the gelatine, stir until dissolved and cool to lukewarm. Add salt and vanilla. Beat until the mixture becomes white and thick. Pour into pans thickly dusted with icing sugar. Place in refrigerator until firm. Cut into squares. Roll into icing sugar or crushed cornflakes.

MRS. NANCY ROSS ROBERTS, *Worcester.*

## MARSHMALLOW NUTS

- |                  |                              |
|------------------|------------------------------|
| 12 marshmallows. | 1 large slab milk chocolate. |
| 1 cup nuts.      |                              |

Melt chocolate in double boiler. Line a tin with greaseproof paper and pour in half of melted chocolate, cover it with nuts and diced marshmallows. Pour on the other half of chocolate. Cool, cut into pieces.

MRS. BETTY STEENKAMP, *Worcester.*

## PURE BUTTERSCOTCH

- |               |             |
|---------------|-------------|
| ½ lb. butter. | ½ cup milk. |
| 1 lb. sugar.  |             |

Mix ingredients thoroughly and boil until thick. Pour on to a buttered dish and cut into squares. Allow to harden.

MRS. MIRIAM SCHEIFFER, *Stellenbosch.*

## PEANUT BRITTLE

- |                        |                               |
|------------------------|-------------------------------|
| 1 cup shelled peanuts. | A few drops of MOIR'S Vanilla |
| 2 cups white sugar.    | Essence (if liked).           |
| 1 teaspoon butter.     |                               |

Put peanuts into oven to keep warm. Pour sugar into a heavy saucepan and allow to melt slowly. Stir constantly, as this burns easily. When dissolved the sugar should be a light clear colour. Add in the peanuts, butter and vanilla essence. Stir well, pour out on to a warmed buttered pan. Now place the pan in a dish of cold water for a few seconds to allow the mixture to set quickly, taking care that the water does not overflow into the sugar mixture. Mark into squares, and when cold knock apart with the handle of a knife.

MRS. HILDA SANDLER, *Worcester.*



## PINEAPPLE SWEETS

1 fresh pineapple.  
1 cup sugar.

1 pkt. MOIR'S Jelly (any  
flavour).

Grate pineapple, boil on low heat for 10 minutes, add sugar, boil for another 10 minutes, then add the contents of packet of jelly gradually. Boil for a further 10 minutes, then pour into a flat wet dish or tin. Leave overnight and cut into desired shapes.

MRS. EDA KRAMER, *Worcester.*

## RUSSIAN CARAMEL

1 dessertspoon gelatine.  
1 cup brown sugar.  
MOIR'S Vanilla Essence.

$\frac{1}{4}$  lb. butter.  
1 tin condensed milk.

Place the butter in a saucepan over medium heat until dissolved, then add sugar, milk and gelatine. Allow to simmer for 20 minutes, stirring to prevent burning. Add vanilla essence to taste. Pour into buttered tin, and when firm cut into squares.

MRS. DOREEN GEFFEN, *Stellenbosch.*

## SPRINGBOK TOFFEE

1½ cups sugar.  
 $\frac{1}{4}$  lb. butter.

1 tin condensed milk.  
3 tablespoons syrup.  
MOIR'S Vanilla Essence.

Boil sugar, butter and syrup together for 4 minutes. Add milk and essence. Boil for 30 minutes or until mixture is a nice brown. Stir constantly whilst boiling. Place on a pan, cut and cool.

MRS. ETTIE OROLOWITZ, *Worcester.*

## TOFFEE

1 lb. golden syrup.  
1 lb. yellow sugar.

$\frac{1}{2}$  lb. butter.  
Nuts.

Melt butter in saucepan over low heat. Add sugar and syrup. Stir with a knife. Cook until brittle. Add nuts. After pouring mixture into a tin to set, cut before it hardens. Wrap each piece in greaseproof paper.

MRS. ESTHER CANARD, *De Doorns.*

## TOFFEE APPLES

1 lb. golden syrup.  
2 lbs. No. 1 refined sugar.

2 dozen apples.  
24 skewer sticks.

Put syrup and sugar in large pot and place on stove. Allow to simmer. Boil and leave till all sugar is dissolved. Test consistency of syrup by dropping a little into cold water. If it hardens immediately, then mixture is just right for dipping. Sharpen the skewers to a point and pierce the apples, dip into the hot toffee syrup. Turn the apple until the toffee sets hard (i.e., does not run). Colouring or essence can be added to the syrup as desired. N.B.: Do not boil syrup longer than necessary, as it tends to burn. Simmer all the time.

MRS. ELIZABETH BELLON, *Worcester.*

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# HOT PUDDINGS

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## APPLE PUDDING

1 cup boiled rice.  
2 tablespoons syrup.  
3 egg whites.

2 cups pie apples (well mashed).  
2 ozs. butter.

Mix all ingredients together and fold in whites lastly. Bake in oven about 210 deg. slowly for 2 hours.

MRS. LILY LEADER, *Worcester.*

## APPLE FRITTERS

4 ozs. self-raising flour (1 cup).  
 $\frac{1}{2}$  pint milk and water ( $\frac{1}{2}$  cup).  
Oil for frying.

1 tablespoon sugar.  
Pinch of salt.  
1 egg.  
6 large apples.

Sieve dry ingredients into bowl. Add in liquid and egg and beat well. Add rest of liquid and beat until blended. Peel the apples, cut into slices and remove the core with a small biscuit cutter. To prevent discolouration drop the rings into slightly salted water and rinse off before using. Dip each piece of fruit into the batter and then fry in hot oil till golden brown. Drain and sprinkle sugar over each one. Bananas and pineapples may also be treated in the same way. Slice and fry. Best eaten hot.

MRS. MAIDA SAKINOFSKY, *Worcester.*

## BREAD PUDDING

1 pint milk.  
Stale bread.  
2 tablespoons currants.

1 teaspoon ground cinnamon.  
Breadcrumbs.  
1 egg.  
2 tablespoons sugar.

Boil milk with enough crumbled stale bread to make a thick porridge. Add egg and sugar, currants and cinnamon and mix well. Put mixture into greased piedish and sprinkle with breadcrumbs. Dot with butter and bake in moderate oven 350 deg. about 20 minutes till golden brown.

MRS. FANNY NOVOSEDS, *Worcester.*

## CARROT PUDDING

Cream  $\frac{1}{2}$  cup shortening,  $\frac{1}{2}$  cup sugar, 1 egg. Add 1 cup raw grated carrots,  $\frac{1}{2}$  cup seedless raisins,  $\frac{1}{2}$  cup sultanas. Add  $1\frac{1}{2}$  cups flour sifted with  $\frac{1}{2}$  teaspoon bicarbonate of soda, 1 teaspoon ROYAL Baking Powder,  $\frac{1}{2}$  teaspoon salt,  $\frac{1}{2}$  teaspoon cinnamon. Beat well with 1 tablespoon water. Pour into greased baking dish. Bake 325 deg. for  $\frac{3}{4}$  hour.

MRS. BESSIE SENNETT, *Worcester.*

## DELICIOUS ORANGE PUDDING

1 tablespoon butter.

2 eggs.

$\frac{1}{2}$  cup sugar.

2 tablespoons self-raising flour.

2 oranges.

$1\frac{1}{2}$  cups milk.

Cream butter and sugar, add flour, juice and rinds of oranges, milk and beaten egg yolks. Lastly, stiffly beaten whites must be added. Bake in a slow oven for  $\frac{1}{2}$  hour in a piedish standing in warm water.

MRS. HILDA COHEN, *Worcester.*

## GOLDEN SYRUP PUDDING

2 cups flour.

3 eggs.

1 cup milk.

2 tablespoons butter.

2 teaspoons ROYAL Baking Powder.

$1\frac{1}{2}$  cups golden syrup.

Mix butter with flour and baking powder. Add well-beaten eggs. Pour syrup in baking dish and then the batter. Bake till golden brown. Makes 6 to 8 helpings.

MRS. ENID SIEBRITS, *Worcester*

## ORCHARD DESSERT

8 ozs. flour.

2 teaspoons ROYAL Baking Powder.

1 egg.

2 ozs. butter.

Cinnamon (if liked).

Salt.

$\frac{1}{2}$  cup milk.

3 tablespoons syrup.

Apples peeled and grated.

Sift flour, salt and baking powder together, rub in butter and mix to a soft dough with beaten egg and milk. Divide dough into four portions. Line in a greased 5in. x 6in. tin with 1 portion, cover with a grated apple and sprinkle with syrup. Repeat layers of dough, apple and syrup. Sprinkle a little cinnamon on last layer of apple. Top with dough. Bake at 350 to 375 deg. for about  $\frac{1}{2}$  hour. Serve with custard.

MRS. MIRIAM COHEN, *Sea Point.*

## PUMPKIN FRITTERS

2 cups cooked mashed pumpkin.

2 teaspoons ROYAL Baking Powder.

Pinch salt.

2 tablespoons flour.

3 beaten eggs (whites and yolks separately).

Mix all ingredients together. Fry in butter or oil. Sprinkle with cinnamon and sugar. Serve hot.

MRS. JETTY DE VILLIERS, *Worcester.*



## SWEET POTATO AND APPLE PUDDING

- 1 large sweet potato.
- 2 eggs.
- 3 apples.

Little syrup.  
Sugar and cinnamon to taste.

Peel and cut potato and apples in rounds. Use a greased piedish. Prepare layers of potatoes, apples, syrup, sugar and cinnamon. Beat the eggs and pour over mixture. Bake till brown. Serve hot.

MRS. ANNA ABRAMOWITZ, *Worcester.*

## STEAMED PUDDING

- 1 cup flour.
- $\frac{1}{2}$  cup milk.
- $\frac{1}{2}$  cup dates or raisins.
- 1 tablespoon butter.

- 1 teaspoon bicarbonate of soda.
- 1 teaspoon ground ginger or mixed spice.
- $\frac{1}{2}$  teaspoon salt.

Sift all dry ingredients together, rub in butter, add jam and milk, and lastly the fruit. Mix well. Steam in greased pudding basin for two hours. Serve with any sweet sauce or custard.

MRS. DU GRUCHY, *Worcester.*

## TASTY APPLESTREUSEL

- 6 apples.
- $\frac{1}{2}$  cup butter.
- $\frac{1}{4}$  teaspoon cinnamon.

- 1 cup flour.
- $\frac{1}{2}$  cup sugar.

Butter a pyrex dish 8in. x 12in. well. Peel apples, cutting each into equal parts. Remove core and seeds. Place apples in rows as close together as possible in pan. Mix 2 tablespoons sugar and cinnamon and sprinkle over apples. Put flour into a bowl, add remaining sugar, then cut in butter and crumble. Sprinkle this mixture over and between apples. Pat to make a smooth surface. Bake  $\frac{1}{2}$  hour in 400 deg. oven. Serve with cream or custard.

MRS. MAZABOW, *Johannesburg.*

## TELEPHONE PUDDING

- 1 $\frac{1}{2}$  cups flour.
- 1 cup sugar.
- $\frac{1}{2}$  cup milk.
- 2 tablespoons butter.

- 1 teaspoon ground ginger.
- 1 teaspoon bicarbonate of soda.
- 2 tablespoons fine apricot jam.
- 1 egg.

Mix egg with milk, add all other ingredients. In a separate dish (wherein pudding is to be baked) place 3 cups boiling water and 1 $\frac{1}{2}$  cups sugar. Stir until melted. Pour first mixture into liquid mixture, but do not stir. Bake 350 deg. 1 hour. Serve with custard.

MRS. JETTY DE VILLIERS, *Worcester.*

## TOPSY-TURVY PUDDING

1 cup brown sugar.  
1 egg.  
6 tablespoons butter.  
4 ozs. flour.  
 $\frac{1}{2}$  teaspoon salt.  
 $\frac{1}{2}$  cup castor sugar.

$1\frac{1}{2}$  teaspoons ROYAL Baking Powder.  
 $\frac{1}{2}$  cup milk.  
 $\frac{1}{2}$  teaspoon MOIR'S Vanilla Essence.  
Sliced bananas.

Melt half the butter in a round cake tin, add in the brown sugar. Stir over slow heat until melted. Peel and slice enough bananas to cover bottom in circles of overlapping slices. Place remainder of butter in a basin and beat till creamy. Add castor sugar, beat well. Sift flour, baking powder and salt. Beat egg and stir in milk. Add flour and liquid alternately to butter and sugar, beating lightly after each addition till blended. Stir in vanilla. Give final beating. Pour batter over prepared bananas in tin. Bake 400 deg.  $\frac{1}{2}$  hour. Serve with whipped cream.

MRS. SYLVIA BROWN, *Worcester.*

## VEGETABLE STEAMED PUDDING

1 cup grated carrots (raw).  
1 cup grated potatoes (raw).  
1 cup apricot jam.  
 $1\frac{1}{2}$  cups raisins (seedless, and finely cut up).  
1 teaspoon bicarbonate of soda.

Pinch of salt.  
2 eggs.  
2 tablespoons sugar.  
1 teaspoon cinnamon or mixed spice.

Beat eggs well, add fruit and vegetables. Gradually add dry ingredients. Mix all well. Pour mixture into a greased pudding bowl, steam for two hours. Serve with custard.

MRS. DU GRUCHY, *Worcester.*

## VIENNESE BAKED APPLES

Wash and core required amount of apples. Fill cavities with (1) sugar, cinnamon and raisins, (2) coconut and jam. Place apples in a pyrex dish with 1 cup water. Sprinkle 1 teaspoon sugar over each apple. Bake 350 deg. until tender. Serve hot or cold. If desired a little thin custard or sweet cream can be poured over each apple before serving.

MRS. BOBA GREEN, *Johannesburg.*

## WINTER PUDDING

1 pint milk.  
2 eggs.  
2 cups cake or biscuit crumbs.  
 $\frac{1}{2}$  teaspoon salt.

$\frac{1}{2}$  teaspoon MOIR'S Vanilla Essence.  
2 tablespoons butter.  
2 tablespoons sugar.

Scald milk, add butter and sugar, cool slightly, add crumbs. Beat eggs, add together with salt and vanilla, stirring slowly into first mixture. Pour into greased pyrex dish. Place in a larger pan of warm water up to level of pudding. Bake in 375 deg. for 1 hour.

MRS. MYRTLE KAGAN, *Transvaal.*



# COLD PUDDINGS

---

## BANANA CREAM

- |                            |                        |
|----------------------------|------------------------|
| 4 ripe bananas.            | 2 eggs.                |
| 1 cup sugar.               | 1 packet MOIR'S Jelly. |
| 2 tablespoons apricot jam. | 3 cups hot water.      |

Mash bananas together with jam, add yolks of eggs and 1 cup sugar. Melt jelly with 3 cups water, mix well. When nearly cold fold in egg whites (stiffly beaten).

MRS. HEATHER HOME, *Worcester.*

## BANANA PUDDING

- |                               |                               |
|-------------------------------|-------------------------------|
| 1 packet MOIR'S Orange Jelly. | 6 firm bananas.               |
| 1 cup boiling water.          | 4 tablespoons condensed milk. |

Dissolve jelly in boiling water. When cool, add mashed bananas, and condensed milk. Stir well and set.

MRS. RAY ABRAMOWITZ, *Worcester.*

## FAIRY PUDDING

- |                    |                        |
|--------------------|------------------------|
| 1 cup sugar.       | 2 tablespoons maizena. |
| Juice of 3 lemons. | 2 cups water.          |
| Pinch of salt.     | 2 eggs.                |

Boil sugar, lemon juice and water together, then add maizena, which has been mixed with a little water, add salt to mixture and boil. Remove from stove, add the stiffly beaten whites of two eggs. Set in mould. Use the yolks of the eggs for a custard.

MRS. NORAH DOWNES, *Worcester.*

## HONEYCOMB SPONGE

- |                        |                               |
|------------------------|-------------------------------|
| 1 pint milk.           | 2 dessertspoons gelatine.     |
| 3 eggs.                | Little MOIR'S Vanilla Essence |
| 3 dessertspoons sugar. |                               |

Put milk with beaten egg yolks and sugar on fire. Stir till it thickens. Remove from fire and leave a while, then add gelatine. Allow to cool, add stiffly beaten whites of eggs. Serve with custard or canned fruit.

MRS. ENID SIEBRITS, *Worcester.*

## ITALIAN CREAM

- |                      |              |
|----------------------|--------------|
| 1 pkt. MOIR'S Jelly. | 1 cup sugar. |
| 2 cups milk.         | 2 to 4 eggs. |

Make a custard of milk, sugar and egg yolks. Then pour 1 cup of hot water on to jelly. Add custard to jelly, stir well. Add well-beaten egg whites. Allow to set and serve with fruit salad.

MRS. LENI FRIEDMAN, *Worcester.*

## MARSHMALLOW JELLY

$\frac{1}{2}$  lb. marshmallows.  
1 cup boiling coffee.

$\frac{1}{2}$  cup nuts.  
Cream.

Place marshmallows in double boiler, pour over them the boiling coffee. Stir until dissolved. Add nuts and mix. Pour into a wet mould. Chill until firm. Invert on to a plate. Serve with cream.

MRS. GERTIE HASSALL, *Orange Grove.*

## ORANGE PUDDING

2 cups orange juice.  
2 cups water.

1 pkt. MOIR'S Jelly.  
2 eggs.  
2 dessertspoons sugar.

Let the orange juice, water, sugar and yolks of eggs boil up, then add the packet of jelly. Stir. Remove from stove, add well-beaten whites, return to stove, cook a few minutes. Pour into dish and set.

MRS. LOWENSTEIN, *Johannesburg.*

## ORANGES (STEWED)

Peel and section six navel oranges. Remove all white from flesh of oranges and thick white part next to peel. Slice peel finely to make two tablespoonsful. Add peel to 1 cup sugar and  $\frac{1}{2}$  cup water. Cook over medium heat without stirring about 8 minutes or until syrup thickens. Pour hot syrup over the uncooked orange sections, cool. Serve cold with custard.

MRS. LEA STEIN, *Linksfield.*

## ORANGE TRIFLE

Place 1 teaspoon jam into each of 4 glasses or dessert dishes, cover with 2 tablespoons cake or biscuit crumbs. Soak the crumbs with orange squash, allowing 2 tablespoons to each glass. Leave to stand for a few minutes. Make 1 pint of custard and pour over the contents in each glass. Decorate with small pieces of orange.

MRS. ELIZABETH BELLON, *Worcester.*

## ORANGE SURPRISE

$1\frac{1}{2}$  cups orange juice.  
4 eggs.  
1 cup sugar.

2 dessertspoons gelatine (dissolved in 1 cup of boiling water).

Take yolks of eggs, beat up with one cup sugar, add gelatine mixture, beat very well. Mix in the juice slowly and then the stiffly beaten whites of eggs.

MRS. MAIDA SAKINOFKY, *Worcester.*



## PINEAPPLE MOULD

- 1 large pineapple.
- 1 cup sugar.
- 2 egg yolks and 2 whites.
- 1 tablespoon custard.

- 4 cups boiling water.
- 1 pkt. MOIR'S Jelly.
- Little milk.

Grate pineapple and boil up with 4 cups water, add sugar. Mix jelly, egg yolks, little milk and the custard well together. Add slowly to mixture on stove and boil. Stir for a few minutes. Add in the whites stiffly beaten. Freeze in refrigerator.

MISS BESSIE SPIRO, *Worcester.*

## PINEAPPLE PUDDING

- 2 eggs.
- 2 lb. tin pines.
- 1 pkt. MOIR'S Pineapple Jelly.

- 1 tin condensed milk.
- 1 cup boiling water.

Pour off the juice from the canned pines into a jug. Cut pines into small pieces. To pines add condensed milk, then the juice and the jelly which has been made with the boiling water. When slightly cooled fold in stiffly beaten egg whites. Set.

MRS. MAVIS ARONSON, *Worcester.*

## PASSION FRUIT DELIGHT

- 1 pkt. MOIR'S Jelly.
- 1 cup boiling water.
- 1 cup cold water.

- 1 tin Ideal milk.
- 1 cup passion fruit drink.
- 2 tablespoons sugar.

Place Ideal milk in freezer overnight. Then empty milk into a fairly large basin and whip till thick and frothy. Dissolve jelly in 1 cup boiling water, stir, add the cold water and sugar. Mix. Allow to cool but not to set. Whip the jelly into the milk with the passion fruit drink. Pour into moulds and set.

MRS. MAIDA SAKINOFSKY, *Worcester.*

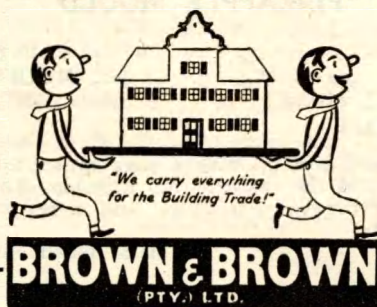
## TRIFLE

- Cake or biscuits.
- 1 tin canned fruit (pears or peaches).
- 1 pkt. MOIR'S Jelly
- 2 tablespoons sherry or wine.

- 1 tablespoon custard powder.
- 2 tablespoons jam.
- 2 cups milk to make custard.
- Cream and nuts.

Slice the cake and place in dish. Moisten with the sherry. Make the jelly as follows: Dissolve jelly with 1 cup boiling water and 1 cup of the canned fruit juice. Stir. Pour over the cake and allow to set. Add, in layers, jam and sliced pears, chopped nuts may be sprinkled in between. Make the custard, and when cool spoon it over the pears. Chill and when required decorate with whipped cream and nuts. Mashed bananas may be added to the boiling custard—it gives a delicious flavour. Jelly may be omitted.

MRS. MAIDA SAKINOFSKY, *Worcester.*



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# SAUCES

## BRANDY SAUCE

- |                          |                |
|--------------------------|----------------|
| 1 oz. butter.            | 1½ cups water. |
| 2 ozs. flour (half cup). | ½ cup brandy.  |
| 2 teaspoons sugar.       |                |

Melt butter in saucepan, add flour and cook until it leaves sides of pan, add the water gradually, stirring and cooking for about 3 minutes. Remove from stove, stir in sugar and brandy and serve hot.

MRS. NANCY ROSS ROBERTS, *Worcester.*

## CARAMEL SAUCE

- |               |                                       |
|---------------|---------------------------------------|
| 1½ cups milk. | ¾ cup sugar.                          |
| 2 eggs.       | ½ teaspoon MOIR'S Vanilla<br>Essence. |

Beat yolks till light and thick, add milk. Place sugar in a saucepan and cook till sugar is melted and light brown. Add milk and eggs, cook and stir till sauce is thickened. Add the vanilla and cool. Fold in stiffly beaten whites and serve at once. (Puddings and cakes.)

MRS. BECKY YODEIKIN, *Bulawayo.*

## HONEY SAUCE (FOR HOT PUDDINGS)

- |               |                      |
|---------------|----------------------|
| 2 large eggs. | 1 tablespoon butter. |
| 1 cup sugar.  | Pinch of salt.       |

Whip eggs well, add remaining ingredients. Place in saucepan, stir over slow heat till melted (mixture must not boil).

MRS. A. V. KRIGE, *Mayoress, Worcester.*

## ORANGE SAUCE

- |                                  |                           |
|----------------------------------|---------------------------|
| 1½ tablespoons cornstarch.       | ½ cup sugar.              |
| 1 tablespoon grated orange rind. | 1 cup orange juice.       |
| ½ cup water.                     | 1 tablespoon lemon juice. |

Combine cornstarch, sugar and rind. Stir in orange juice and water. Bring to the boil, stirring constantly. Boil until clear, add lemon juice. Serve hot.

MRS. MAVIS TAYLOR, *De Wet.*

## WINE SAUCE

- |                      |                            |
|----------------------|----------------------------|
| ¾ cup sugar.         | 1 level tablespoon butter. |
| 2 eggs.              | Pinch salt.                |
| 1 cup milk or cream. |                            |

Beat eggs well. Put sugar in double-boiler saucepan, add eggs, stirring until sugar dissolves. Add milk, butter and salt. Cook till thick. When cool add wine.

MRS. JEAN LUYT, *Worcester.*

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# BISCUITS

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## ALMOND BISCUITS

6 tablespoons flour.  
 $\frac{1}{2}$  oz. melted butter.  
3 eggs.

4 tablespoons sugar.  
 $\frac{1}{4}$  lb. almonds.

Beat eggs, add sugar, butter and then flour, lastly almonds. Bake in long rolls. When still hot cut into strips and then dry in oven.

MRS. MARJORIE GREENSTEIN, *Worcester.*

## AUNTIE POLLY'S BISCUITS

$\frac{1}{2}$  lb. butter.  
1 cup sugar  
3 teaspoons ROYAL Baking  
Powder.

Flour to mix easy dough.  
1 cup cream.  
3 eggs.  
MOIR'S Vanilla Essence.

Cream butter, sugar, add eggs one at a time, then cream and add in dry ingredients. Press out in cookie maker or make shapes. Also good for jam tarts.

MRS. POLLY JODIEKEN, *Nigel.*

## BELGIAN BISCUITS

$\frac{1}{2}$  lb. iced butter.  
2 cups sifted flour.  
1 egg (beaten).

1 level teaspoon ROYAL Baking  
Powder.

Cut butter into pieces. Sift flour and baking powder, mix the dry ingredients into the butter with tips of fingers. Add beaten egg. Roll dough into two portions. Line a greased biscuit tin with first portion, spread with jam, and place second portion on top. Brush over with egg. Sprinkle with sugar. Bake 400 deg. 20 minutes. When baked cut into squares.

MRS. GERTIE BROUDIE, *Worcester.*

## BUTTERSCOTCH BISCUITS

$\frac{1}{2}$  lb. butter.  
 $1\frac{3}{4}$  cups sugar.  
2 eggs.  
1 cup walnuts well chopped.  
 $3\frac{1}{2}$  cups flour.

1 teaspoon ROYAL Baking  
Powder.  
 $\frac{1}{2}$  teaspoon bicarbonate of soda.  
1 teaspoon MOIR'S Vanilla  
Essence.

Cream butter and sugar well, beat in eggs one at a time, add essence and walnuts. Lastly, sift together flour, baking powder and soda and add to mixture. Divide dough into four parts, rolling each piece separately, then wrap in greasproof paper, chill in refrigerator overnight or longer until dough is quite hard. Slice into biscuits  $\frac{1}{4}$  inch thick, and bake in moderate oven 375 deg. till pale brown 10 to 15 minutes. Do not make rolls too thick nor too close in pan, as biscuits spread in baking.

MRS. SEVI LEVIN, *Worcester.*

## BISCUITS

2 cups flour.  
1 cup sugar.  
1 cup maizena.  
1 teaspoon MOIR'S Vanilla  
Essence.

3 eggs.  
3 teaspoons ROYAL Baking  
Powder.  
 $\frac{1}{2}$  lb. butter.  
Pinch salt.

Mix dry ingredients, rub in butter. Beat up eggs and add essence, then add to dry mixture. Mix well. Roll out and cut. Bake in 400 deg. oven for ten minutes.

MRS. ELSA HASSALL, *Pretoria.*

## BUTTER BISCUITS

1 lb. flour.  
 $\frac{1}{2}$  lb. butter.  
2 eggs.

2 teaspoons ROYAL Baking  
Powder.  
1 cup sugar.  
MOIR'S Vanilla Essence.

Sift flour and baking powder twice, rub in butter, then add sugar, eggs and vanilla essence. Mixture should be stiff enough to roll. Cut into shapes and bake on an ungreased baking sheet in 400 deg. oven for 8-10 minutes until golden brown.

MRS. SYBIL SHRAND, *Worcester.*

## BLACK-EYED SUSAN BISCUITS

5 ozs. butter.  
 $\frac{1}{2}$  cup sugar.  
2 $\frac{3}{4}$  cups flour.  
Pinch (big) bicarbonate of  
soda, dry.

2 tablespoons semolina or cream  
of wheat.  
 $\frac{1}{2}$  cup milk.  
1 teaspoon MOIR'S Vanilla  
Essence.

Cream butter and sugar, add sifted flour and semolina, then milk and vanilla. Knead well and roll  $\frac{1}{4}$  in. thick, cut into rounds or rings of the same size, bake on greased tin. Brush with milk and bake 15 minutes at 400 deg. Sandwich with jam, jelly or chocolate icing. Sprinkle with dry icing sugar.

## ICING

1 oz. cocoa.  
1 oz. plain chocolate.  
1 oz. butter.

Icing sugar and vanilla.  
Water to mix.

Blend water and cocoa together on low heat. Melt the chocolate in basin standing in hot water. Remove and stir in butter and the icing to make a firm spread.

MRS. SEVI LEVIN, *Worcester.*

## BUTTER BISCUITS

2 $\frac{1}{2}$  cups flour.  
2 teaspoons ROYAL Baking  
Powder.  
Salt.

$\frac{1}{2}$  lb. butter.  
1 egg plus 1 yolk.  
 $\frac{3}{4}$  cup sugar.

Rub through dry ingredients. Add 1 egg plus 1 yolk whipped up with sugar. Extra white can be used to brush over top. This mixture can be rolled and cut out or put through the cookie maker. Bake in oven 375 deg.

MRS. GERTIE BROWN, *Worcester.*



## COCONUT SLAB

Roll out a rich short crust pastry and line Swiss roll tin. Spread with apricot jam. Take 6 ozs. coconut,  $\frac{1}{2}$  lb. icing sugar and add 2 stiffly beaten egg whites. Add little milk to make good spreading consistency. Cut in squares when baked. (Oven 375 deg.)

MRS. GERTIE BROWN, *Worcester.*

## CRACKNEL BISCUITS

6 ozs. flour.  
Pinch salt.  
2 ozs. butter.

Cold water to mix.  
MOIR'S Lemon Essence.

Sift flour and salt into a basin, stir in a drop or two of lemon essence, mix into a stiff paste with cold water. Roll out on a lightly floured board and dab on butter as for flaky pastry. Make into cracknel shapes, drop into boiling water. Boil until they float on top. Drain, place on a baking sheet, bake at 375 deg. until golden brown.

MRS. SYBIL SHRAND, *Worcester.*

## CREAM PUFFS

1 cup boiling water.  
 $\frac{1}{2}$  cup butter.  
4 eggs.

$\frac{1}{2}$  level teaspoon salt.  
 $1\frac{1}{2}$  cups flour.  
Whipped cream or custard.

Bring the water, salt and butter together to boiling point, stir in the flour and cook until the mixture leaves the sides of the saucepan clean. When cooled add the eggs one at a time, beating each one in thoroughly. Drop by teaspoonsful some distance apart on greased pans and bake  $\frac{1}{2}$  hour in a moderate oven 350 deg. When cold split and fill with sweetened cream or thick custard.

MRS. KUUN, *Worcester.*

## CREAM TARTLETS

2 cups flour.  
 $\frac{1}{2}$  teaspoon ROYAL Baking  
Powder.

$\frac{1}{2}$  pint thick cream.  
6 ozs. butter.  
Pinch salt.

Rub butter into flour, add salt and baking powder. Then add cream. Freeze before using. Roll out, cut into shapes and bake. Jam can be added before or after baking.

MRS. MINNIE KOSSEW, *Worcester.*

## COOKIES

6 tablespoons flour.  
4 tablespoons sugar.  
2 eggs.  
2 tablespoons butter.

2 teaspoons ROYAL Baking  
Powder.  
Little salt and water.

Cream butter and sugar together. Add beaten-up eggs, then slowly add flour, baking powder and salt which has been sifted together. Cream well, and if mixture is too stiff add little water. (350 deg. oven; 10 minutes.)

MRS. NORAH DOWNES, *Worcester.*

## CHOCOLATE SQUARES

1 cup walnuts.  
 $\frac{3}{4}$  cup flour.  
 $\frac{3}{4}$  cup sugar.  
 $\frac{1}{4}$  lb. melted butter.

2 eggs.  
1 teaspoon ROYAL Baking Powder.  
2 teaspoons cocoa.

Cream sugar and butter, add well-beaten egg, add walnuts and all dry ingredients. Bake in buttered flat square tin 350 deg. for 30 minutes. Icing: 1 cup icing sugar, 1 egg white, 2 teaspoons cocoa (if necessary, add in lemon juice). Mix all ingredients well and spread on hot cake. When cool cut into squares.

MRS. EDITH WEINBERG, *Worcester.*

## CHEESE BISCUITS

2 cups sifted flour.  
 $\frac{1}{2}$  teaspoon salt.  
4 teaspoons ROYAL Baking Powder.

$\frac{1}{4}$  cup butter.  
1 cup grated cheese.  
 $\frac{3}{4}$  cup milk.

Sift flour, baking powder and salt together, mix with grated cheese. Cut butter into dry ingredients, add milk and mix quickly but thoroughly. The dough should be soft. Turn on to floured board, knead lightly for a few seconds, pat to  $\frac{3}{8}$  in. thickness and cut. Bake on baking sheet in hot oven 450 deg. 12 to 15 minutes.

MRS. KATIE LEVY, *Worcester.*

## CHEESE STRAWS

$\frac{1}{2}$  lb. butter.  
2 cups flour.  
 $\frac{1}{2}$  teaspoon salt.  
 $\frac{1}{4}$  teaspoon mustard.

$\frac{1}{2}$  lb. grated cheese.  
1 egg.  
 $\frac{1}{4}$  teaspoon cayenne pepper.

Rub in flour and butter, add salt and other ingredients and well-beaten egg with a little cream to make soft dough. Roll out thinly, cutting into finger strips. Bake in hot oven 400 deg.

MRS. BESSIE SENNETT, *Worcester.*

## COCONUT RINGS

$\frac{1}{4}$  lb. butter.  
1 egg yolk.  
1 teaspoon MOIR'S Vanilla Essence.

2 tablespoons castor sugar.  
1 tablespoon milk.  
1 cup self-raising flour.  
Salt.

Rub butter with flour, add sugar, mix with milk and egg. Roll out into rings. Brush over with white of egg. Dip in coconut, bake in 375 deg. oven until light brown approx. 10 minutes.

MRS. MAIDA SAKINOFSKY, *Worcester.*



## COCONUT CAKES

Whites of 2 eggs.  
1 cup coconut.

1 cup sugar.  
2 cups post toasties.

Whip whites of eggs stiffly, adding sugar gradually. When stiff add coconut and post toasties. Put cherries on top. Bake in slow oven 200-250 deg.

MRS. HILDA COHEN, *Worcester.*

## CRUNCHIES

4 cups Jungle Oats.  
1 dessertspoon syrup.  
 $\frac{1}{4}$  lb. butter.

$\frac{3}{4}$  cup sugar.  
 $\frac{1}{4}$  teaspoon bicarbonate of soda.

Melt butter and syrup, mix dry ingredients. Add butter and syrup and stir well. Put on greased baking sheet  $\frac{1}{4}$  in. thick. Bake in oven at 350 deg. until golden brown.

MRS. NORAH SHELLY, *Sea Point.*

## CRISP COOKIES

1 cup butter.  
3 eggs.  
1 teaspoon ROYAL Baking Powder.

2 cups sugar.  
4 cups sifted flour.  
1 teaspoon MOIR'S Lemon or Almond Essence.

Cream butter slowly, add sugar, beaten egg yolks. Fold in stiffly beaten whites and flavouring. Blend thoroughly. Chill. Roll on lightly floured board, brush dough with white of egg. Decorate dough with chopped nuts or shredded coconut. Bake until brown 8 to 10 minutes 350 deg.

MRS. JUDY MILES, *Johannesburg.*

## DELICIOUS BISCUITS

2 ozs. sugar (4 tablespoons).  
1 egg white.

1 oz. flour (4 tablespoons).  
1 egg yolk.

Beat the white of egg very stiffly, add yolk very lightly, fold in the sugar and finally flour, which must be sieved several times. Butter a piece of greaseproof paper and drop spoonfuls of mixture on to paper. Sprinkle biscuits with castor sugar and bake in 350 deg. oven until pale brown.

MRS. GERTRUDE LANGE, *Worcester.*

## DAINTY BISCUITS

3 cups flour.  
3 teaspoons ROYAL Baking Powder.  
1 teaspoon ground ginger.

2 eggs.  
 $\frac{1}{2}$  to  $\frac{3}{4}$  cup sugar.  
 $\frac{1}{4}$  lb. butter.  
1 tablespoon milk.

Mix flour, baking powder, ginger and sugar, rub butter into dry ingredients. Beat eggs well and add to mixture. Roll out thin and cut into shapes. Bake at 400 deg. top off, bottom low, for 5 to 10 minutes until a light golden brown.

MRS. NORA GAMSU, *Worcester.*

## GINGER BISCUITS

- |   |                            |
|---|----------------------------|
| 1 lb. syrup.                            | 3 eggs.                    |
| 2 tablespoons oil.                      | 1 tablespoon ginger.       |
| 1 pkt. mixed spice.                     | Enough flour to make stiff |
| $\frac{1}{2}$ pkt. bicarbonate of soda. | dough.                     |
| 1 cup sugar.                            |                            |

Cream eggs and sugar and add other ingredients. Roll out in shapes and bake in warm oven 300 deg.

MRS. MARJORIE GREENSTEIN, *Worcester.*

## LIGHT KISSES

- |                            |                          |
|----------------------------|--------------------------|
| 2 eggs.                    | 2 tablespoons butter.    |
| 4 tablespoons sugar.       | 6 tablespoons flour.     |
| 2 tablespoons cornflour.   | 2 teaspoons ROYAL Baking |
| 1 teaspoon MOIR'S Essence. | Powder.                  |

Beat butter and sugar, add eggs, then the two flours and baking powder and essence. Drop on to pan from teaspoon and bake until light brown (8 minutes 350 deg.). Join two biscuits together with jam or icing sugar.

MRS. MAIDA SAKINOFSKY, *Worcester.*

## MELTING MOMENTS

- |                           |                              |
|---------------------------|------------------------------|
| $\frac{1}{2}$ lb. butter. | 2 teaspoons ROYAL Baking     |
| 1 egg.                    | Powder.                      |
| 2 tablespoons cream.      | Enough flour to handle dough |
| $\frac{1}{2}$ cup sugar.  | easily.                      |
| 2 egg yolks.              |                              |

Cream butter and sugar, add egg and yolks, cream and add other ingredients. Roll out thinly, cut into shapes, sprinkle well with sugar on top. Bake in 425 deg. oven, bottom high, top medium, till light brown.

MISS CHERRY GELL, *Johannesburg.*

## NUTTIE CRUNCHIE

- |                                 |                          |
|---------------------------------|--------------------------|
| $\frac{1}{2}$ lb. butter.       | 2 teaspoons ROYAL Baking |
| 3 tablespoons sugar.            | Powder.                  |
| 2 cups flour.                   | MOIR'S Vanilla Essence.  |
| 1 cup chopped nuts.             | Post Toasties.           |
| 2 eggs.                         | Pinch salt.              |
| 1 cup chopped dates or raisins. |                          |

Cream butter and sugar, add eggs whole, vanilla essence, then flour and baking powder. Lastly, the nuts and fruit. Mix well. Form the cookies with teaspoon and roll into crushed post toasties. Bake in 350 deg. oven for 10 minutes.

MRS. MAIDA SAKINOFSKY, *Worcester.*



## ORANGE BISCUITS

2 cups flour,  
1 tablespoon sugar.  
 $\frac{1}{2}$  teaspoon salt.

4 teaspoons ROYAL Baking  
Powder.  
3 tablespoons butter.  
 $\frac{1}{4}$  cup milk.

Sift dry ingredients, add butter and mix in with a fork. Add milk slowly to make soft dough. Turn out on floured board. Roll to  $\frac{1}{4}$  in. thickness, cut out with small biscuit cutter and put on greased pan. Press gently in centre of each biscuit a loaf sugar dipped well in orange juice. Grate a little orange rind on each and bake in hot oven for about 15 minutes.

MRS. ROSE SANDLER, *Worcester.*

## PARTY MERINGUES

3 egg whites.  
3 level teaspoons ROYAL  
Baking Powder.

$\frac{1}{4}$  teaspoon MOIR'S Vanilla  
Essence.  
 $1\frac{1}{4}$  cups castor sugar.

Beat whites until stiff, fold in sugar gradually with baking powder and essence. Shape by spoon and bake in a very slow oven (200 deg.) for at least an hour.

MRS. ROSIE BROUDIE, *Worcester.*

## PINWHEEL BISCUITS

$\frac{1}{2}$  lb. butter.  
1 cup sugar.  
3 teaspoons ROYAL Baking  
Powder.

2 eggs.  
2 to 3 cups flour.  
3 tablespoons cocoa.  
MOIR'S Vanilla Essence.

Rub sugar into butter, add eggs and dry ingredients and essence. Divide dough into two portions, to the one portion add cocoa. Now roll out both pieces separately, oval shape, and place one on top of the other, and roll up as for a swiss roll. Place in refrigerator overnight, and following morning remove. Cut into slices  $\frac{1}{4}$  in. thick, place in greased pan, and bake in moderate oven (375 deg.) till slightly brown.

MRS. ROSIE BROUDIE, *Worcester.*

## POPULAR BISCUITS

1 lb. butter.  
 $2\frac{1}{2}$  cups sugar.  
6 to 8 egg yolks.  
 $\frac{1}{2}$  pint cream (1 cup).

Salt.  
6 teaspoons ROYAL Baking  
Powder.  
6 or more cups flour.

Cream butter and sugar. Add in yolks one by one, mixing each separately, then add cream and dry ingredients. Make an easy-to-handle dough. Roll out for tarts, filled biscuits, etc. Use half quantities if desired.

MRS. ESTHER GREEN, *Rondebosch.*

## QUEEN CAKES

- |  |                               |
|--|-------------------------------|
| 2 eggs.                                    | 1 teaspoon maizena or custard |
| Little more than $\frac{1}{4}$ lb. butter. | Powder.                       |
| 1 cup sugar.                               | 3 teaspoons ROYAL Baking      |
| $\frac{3}{4}$ to 1 cup milk.               | powder.                       |
| 1 teaspoon MOIR'S Vanilla                  | Flour to make a loose dough.  |
| Essence.                                   |                               |

Melt butter, add sugar and rub well. Add in eggs, then dry ingredients alternately with the milk. Drop by spoonsful into greased cookie pans, bake until golden brown (350 deg.). MRS. TILLY HASSALL, *Johannesburg*.

## REFRIGERATOR SQUARES

- |                           |                            |
|---------------------------|----------------------------|
| $\frac{1}{4}$ lb. butter. | 20 marshmallows.           |
| 1 pkt. rice crispies.     | 20 heaped teaspoons cocoa. |

Melt butter together with marshmallows until mixture resembles custard. When slightly cool add crispies and cocoa. The crispies will have to be worked in gradually. Mix well. Turn into greased biscuit or swiss roll tin. Press into tin, using wet knife to keep surface flat. Cut right away into small squares. Place in refrigerator for a few hours until ready. These biscuits can be kept for some time in a tin if desired.

MRS. RAE COHEN, *Ark Royal, Johannesburg*.

## REFRIGERATOR CAKE

- |  |                           |
|--|---------------------------|
| 1 $\frac{1}{2}$ pkts. Marie biscuits.      | 3 eggs.                   |
| 1 lb. castor sugar (2 $\frac{1}{2}$ cups). | $\frac{1}{2}$ lb. butter. |
| MOIR'S Vanilla Essence.                    | Port wine.                |
| 2 tablespoons raspberry jam.               |                           |

Whip eggs well till thick. Cream butter and sugar, add vanilla and jam, and then add to egg mixture. Dip biscuits in wine, pack in layers with cream filling between. Cover top and sides with remaining cream mixture, leave in refrigerator to set.

MRS. BERTHA ELKIN, *Worcester*.

## ROLLED BISCUITS

- |                                |                           |
|--------------------------------|---------------------------|
| $\frac{1}{4}$ lb. icing sugar. | $\frac{1}{4}$ lb. butter. |
| $\frac{1}{2}$ lb. flour.       | 2 whites of eggs.         |

Beat whites of eggs stiffly, then mix in icing sugar, flour and melted butter. Roll out into strips. 1 in. wide, put into greased pan and bake 450 deg. for 6 to 7 minutes. Lift quickly with a knife and roll quickly round a stick as thick as a pencil. Take it off the stick immediately and cool.

MRS. LUCY BOONZAIER, *Worcester*.

## SAVOURY CHEESE BISCUITS

- |                           |                           |
|---------------------------|---------------------------|
| $\frac{1}{2}$ lb. cheese. | $\frac{1}{2}$ lb. butter. |
| $\frac{1}{2}$ lb. flour.  |                           |

Rub butter into flour thoroughly, add grated cheese and mix well. Roll out and cut into small biscuits. Bake in moderate oven. When ready put together with apricot jam.

MRS. RAE GROSS, *Worcester*.



## SHORTBREAD

1 lb. flour.

$\frac{1}{4}$  lb. castor sugar.

$\frac{1}{2}$  lb. butter.

2 tablespoons maizena.

Take out 2 tablespoons flour and replace with 2 tablespoons maizena. Knead all together very well. Make into biscuits, and bake in a moderate oven at 350 deg. for half an hour.

MRS. NORAH SHELLY, *Sea Point.*

## SCOTCH BISCUITS

2 cups flour.

$\frac{1}{4}$  lb. butter.

4 teaspoons ROYAL Baking Powder.

$\frac{3}{4}$  cup cold water.

2 ozs. melted butter.

$\frac{3}{4}$  cup yellow sugar.

$\frac{1}{2}$  teaspoon MOIR'S Vanilla Essence.

Pinch salt.

Rub in all ingredients and make a light dough with the water. Roll out into oblong square, spread over some melted butter mixed in with yellow sugar. Roll up the dough and cut into small slices, place on greased baking pan and bake in a moderate oven till light brown.

MRS. HILDA SANDLER, *Worcester.*

## SCOTCH SHORTBREAD

12 tablespoons flour.

4 tablespoons maizena.

4 tablespoons icing sugar.

$\frac{1}{2}$  lb. butter.

Pinch salt.

Rub ingredients together, knead until dough resembles putty. Press down firmly in a baking dish  $\frac{1}{4}$  in. thick. Sprinkle with icing sugar. Bake in a slow oven for 1 hour.

MRS. BARKLEY, *Muizenberg.*

## SOUR CREAM BISCUITS

1 egg yolk.

$\frac{1}{2}$  cup sour cream.

$\frac{1}{4}$  lb. butter.

1 tablespoon custard powder.

3 tablespoons icing sugar.

7 tablespoons flour.

Salt.

MOIR'S Vanilla Essence.

Combine dry ingredients. Rub in butter. Add eggs, cream and vanilla. Knead well. Roll out thinly and cut into desired shapes.

MRS. DOREEN GEFFEN, *Stellenbosch.*

## STRUDEL YEHUDITH

2 teaspoons ROYAL Baking Powder.

4 eggs.

$\frac{3}{4}$  cup sugar.

1 teaspoon MOIR'S Vanilla Essence.

$\frac{1}{4}$  lb. butter.

Pinch salt.

Mix butter and sugar to a creamy consistency. Add eggs, salt and sufficient flour to make a hard dough, then mix in vanilla and baking powder. Now take a portion of dough and roll out thin. Spread over with apricot jam, candied peel, sultanas, currants, chopped nuts and a little cinnamon. Roll up, as for a swiss roll, and bake. When cool sprinkle over icing sugar, cut into thin slices when required.

MRS. YEHUDITH RABINOWITZ, *Worcester.*

## TEIGLACH (1)

### DOUGH:

2 egg cups fish oil.

8 eggs (less 2 whites).

1 dessertspoon sugar.

Knead all ingredients and make into shapes.

Little ginger to taste.

Flour sufficient to make an easy-to-handle dough.

### SYRUP:

2 lbs. syrup.

4 cups water.

4 cups sugar.

Bring syrup, sugar and water to the boil, add in the teiglach. Cook for 20 min. without lifting lid, then stir every 15 min. Stir till teiglach get brown. When nearly ready add in 1 level dessertspoon ginger, cook again for a few minutes. Before removing from stove pour over 1 cup boiling water and stir quickly to loosen them. Place on a board and roll in already prepared sugar and ginger and chopped nuts. To test whether teiglach are ready drop one into a glass of water. If it rises to the top teiglach are ready.

MRS. BETTY SCHOCHAT, *Worcester.*

## TEIGLACH (2)

6 eggs.

4 cups water.

2 tablespoons fish oil.

1 lb. golden syrup.

4 cups sugar.

Flour.

Separate eggs, beat up whites until stiff, add the yellows, beat in well. Mix in fish oil. Add as much flour (sifted) to make a dough suitable for kneading. Knead thoroughly until bubbles appear on surface of dough. Make into small rings, or loose knots, and place on lightly floured board. Meanwhile bring syrup, water and sugar to the boil, and whilst boiling put in the teiglach. Be careful to lift the lid of the boiling syrup away from your face and close the lid each time you have put in the teiglach. When all the teiglach are in the pot let them boil on high for 10 minutes before giving a quick stir with a wet wooden spoon whilst keeping the lid half open. Boil on high for about 45 minutes more, giving a quick stir every ten minutes, when the teiglach should be a golden brown. To test if ready take one out of pot, place on a wet board. If they retain their shape and do not shrivel within a minute or so they are ready, and the remainder can be removed from the pot and placed on a wet board. When quite cold roll in previously mixed ginger and sugar.

MRS. SYLVIA BROWN, *Worcester.*

## WEEK-END TARTLETS

2 cups flour.

3 eggs.

$\frac{1}{4}$  lb. butter.

$\frac{1}{2}$  teaspoon salt.

2 teaspoons ROYAL Baking Powder.

2 tablespoons sugar.

Sift dry ingredients and rub in butter. Beat egg yolks, add to mixture. Roll out the dough, cut into rounds and place in greased cookie pans.

### FILLING

2 cups coconut.

3 egg whites.

$\frac{1}{2}$  cup sugar.

Jam.

Beat egg whites stiffly, add in sugar gradually and then the coconut. Mix well. Place in each tartlet a teaspoon of jam and a dessertspoon of coconut mixture as a topping. Bake in a hot oven for 10-15 minutes.

MRS. KATY STOLTZ, *Worcester.*



# CAKES

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## BANANA CAKE

2 cups flour.  
 $\frac{1}{4}$  lb. butter.  
1 cup sugar.  
2 eggs.  
1 level teaspoon soda.

1 heaped teaspoon ROYAL  
Baking Powder.  
3 ripe bananas.  
Pinch salt.

Peel and mash the bananas. Cream butter and sugar, add the bananas. Beat until well blended. Beat the eggs, add to the mixture. Dissolve the soda in a quarter cup of water. Sift flour and salt together. Add the flour mixture and soda to the banana mixture, beat very well. Lastly, add in the baking powder. Grease your pans—can be two loaf tins or two round pans. Bake for an hour in a moderate oven 350 deg.

MRS. IRIS SHAIN, *Johannesburg.*

## BARBARA'S SANDWICH CAKE

1 heaped teaspoon ROYAL  
Baking Powder.  
2 eggs.  
 $\frac{1}{2}$  to  $\frac{3}{4}$  cup milk.

2 ozs. butter.  
1 cup sugar.  
 $1\frac{1}{2}$  cups flour.  
MOIR'S Vanilla Essence.

Boil milk and butter. Beat eggs and sugar, add flour mixed with baking powder. Add boiled milk and butter to mixture. Pour into 2 pans and bake at 400-500 deg. for about 10 minutes. One dessertspoon cocoa or other flavouring may be added.

MRS. NORA GAMSU, *Worcester.*

## CREAM CAKE (Without Butter)

1 cup whipped cream.  
 $\frac{1}{2}$  cup cold water.  
3 teaspoons ROYAL Baking  
Powder.  
1 teaspoon MOIR'S Vanilla  
Essence.

$1\frac{1}{2}$  cups castor sugar.  
2 cups sifted flour.  
4 egg whites.  
Pinch of salt.

Whip cream stiffly, add salt. Slowly add in the sugar, sift flour and baking powder together, then stiffly beaten egg whites and vanilla. Bake in layers at 375 deg. for 25 minutes. Use shredded coconut or chocolate filling.

MRS. JUDY MILES, *Johannesburg.*

## CHOCOLATE CAKE (Without Flour)

4 eggs.  
 $\frac{1}{2}$  cup cocoa.

1 cup castor sugar.  
 $\frac{1}{2}$  pint sweet cream.

Mix yolks with cocoa and sugar. Beat whites well, add to mixture. Place on flat pan as for swiss roll. Bake in hot oven for 10 minutes. Place on a wet cloth. Beat cream well and spread on cake, and roll.

MRS. LAUB, *Johannesburg.*

## CHOCOLATE SPICE CAKE

- |                                  |                                     |
|----------------------------------|-------------------------------------|
| 1 cup flour.                     | 2 eggs in cup filled with milk.     |
| $\frac{1}{4}$ lb. butter.        | 1 teaspoon MOIR'S coffee            |
| 1 heaped tablespoon cocoa.       | essence.                            |
| $\frac{1}{2}$ teaspoon cinnamon. | $\frac{1}{4}$ teaspoon mixed spice. |
| 1 teaspoon MOIR'S Vanilla        | 2 teaspoons ROYAL Baking            |
| Essence.                         | Powder.                             |
| 1 cup sugar.                     |                                     |

Mix flour, eggs, sugar, milk and baking powder. Place butter, cocoa, coffee essence, cinnamon, mixed spice and vanilla into small saucepan and melt. When hot add to above mixture. Mix through thoroughly, and pour into two sandwich tins previously buttered. Bake in oven 375 deg. for 25 minutes to half an hour.

MRS. SYLVIA BROWN, *Worcester.*

## CHOCOLATE MERINGUE CAKE

- |                               |                          |
|-------------------------------|--------------------------|
| 4 eggs.                       | 1 cup flour.             |
| $\frac{1}{2}$ cup sugar.      | 2 teaspoons ROYAL Baking |
| 6 tablespoons milk or coffee. | Powder.                  |
| $\frac{1}{4}$ lb. butter.     | 2 tablespoons cocoa.     |

Cream butter and sugar very well. Add yolks gradually (one at a time). Beat constantly. Add flour sifted with salt, baking powder and cocoa. Then milk or coffee as desired. Divide and spread in two cake tins. Put the following meringue on top of each cake. MERINGUE: Beat the 4 egg whites very stiffly. Add  $1\frac{1}{2}$  cups sugar and fold in 1 teaspoon baking powder. Sprinkle on top of each layer shredded nuts or almonds. Bake in 350 deg. oven. When cold put together with chocolate icing.

MRS. RAE GOSS, *Worcester.*

## DREAM CAKE

- |                       |   |
|-----------------------|---|
| 3 tablespoons butter. | $1\frac{1}{2}$ cups self-raising flour. |
| 1 cup sugar.          | 3 dessertspoons cocoa.                  |
| 3 eggs.               | $\frac{1}{2}$ cup milk.                 |
| 1 teaspoon spice.     | $\frac{1}{2}$ lb. walnuts.              |
| Pinch salt.           |   |

Beat butter and sugar to a cream, add eggs one at a time, then add milk, mix and add spice, flour, cocoa and nuts. Bake 20 minutes in sandwich pans.

MRS. MAIDA SAKINOFKY, *Worcester.*

## FRUIT CAKE

- |                                       |                              |
|---------------------------------------|------------------------------|
| $\frac{1}{4}$ lb. sugar.              | 1 tablespoon brandy.         |
| $\frac{1}{2}$ lb. sultanas.           | $\frac{1}{4}$ lb. butter.    |
| 8 eggs.                               | $\frac{1}{2}$ lb. currants.  |
| $1\frac{1}{2}$ teaspoons ROYAL Baking | $1\frac{1}{2}$ lbs. flour.   |
| Powder.                               | 1 tablespoon ground almonds. |
| $\frac{1}{4}$ lb. peel and cherries.  |                              |

Cream butter and sugar. Add beaten eggs, then flour mixed with baking powder and lastly fruit and ground almonds. Bake for 2 hours.

MRS. TUROK, *Johannesburg.*



## GINGER CAKE

- |                      |                                 |
|----------------------|---------------------------------|
| 3 eggs.              | 2 tablespoons fish oil.         |
| 1 cup water.         | 1 cup syrup.                    |
| 1 cup sugar.         | 1 teaspoon bicarbonate of soda. |
| 1 teaspoon cinnamon. | 1 teaspoon ROYAL Baking Powder. |
| 3 teaspoons ginger.  | Grated rind of an orange.       |
| 3 to 3½ cups flour.  |                                 |

Beat eggs and sugar, add oil and syrup. Dissolve soda in the cup of water and add alternately with eggs and dry ingredients. Grease a 14 x 14 in. tin lined with greaseproof paper and bake in a moderate oven about 20 minutes.

MRS. CHERRY GELL, *Johannesburg.*

## GINGER CAKE (LEKACH)

- |                    |  |
|--------------------|--|
| 4 eggs.            | ½ cup fish oil.                            |
| 1 lb. tin syrup.   | 1 oz. bicarbonate of soda.                 |
| 4 to 5 cups flour. | Pinch ginger.                              |
| 1 oz. mixed spice. | 1 tot spiced brandy.                       |
| 1½ cups sugar.     | Currants, sultanas, lemon peel if desired. |

Beat eggs and sugar well. Add syrup and fish oil. Sift all dry ingredients and mix well to form a fairly stiff dough. Bake in slow oven for half an hour.

MRS. R. SCHNEIDER, *De Doorns.*

## HOT MILK CAKE

- |                                   |                        |
|-----------------------------------|------------------------|
| 1½ cups sifted flour.             | 1 cup sugar.           |
| 3½ teaspoons ROYAL Baking Powder. | 2 ozs. butter.         |
| Pinch salt.                       | ½ cup milk.            |
| 3 eggs.                           | MOIR'S Almond Essence. |

Mix flour, baking powder and salt in basin, whip up eggs and sugar well. Add flour, mix together with eggs and sugar. Place milk and butter in a saucepan and bring to boil. When boiling stir quickly into mixture of flour, sugar and eggs. Bake in oven 300 deg. for ½ hour.

MISS MARTHA TRUTER, *Worcester.*

## HAPPY DAY CAKE (No Eggs)

- |                                  |                              |
|----------------------------------|------------------------------|
| 1 cup milk.                      | ½ teaspoon salt.             |
| 2 cups flour.                    | 2 tablespoons melted butter. |
| 4 teaspoons ROYAL Baking Powder. | 3 tablespoons sugar.         |

Sift dry ingredients, add butter and milk slowly. Batter should be stiff. Spread into a greased pan and add following as a topping: 1 tablespoon cinnamon, 3 tablespoons sugar, 3 tablespoons flour, 2½ tablespoons butter. Mix dry ingredients, rub in butter, spread over dough before baking. Bake ½ hour 400 deg.

MRS. NANCY GREEN, *Toevlucht, Tvl.*

## ICING SUGAR CAKE

- |                                    |                                  |
|------------------------------------|----------------------------------|
| 1 cup icing sugar.                 | $\frac{1}{2}$ cup cold milk.     |
| $\frac{1}{2}$ lb. melted butter.   | 3 well-beaten eggs.              |
| $1\frac{1}{2}$ cups flour.         | 2 teaspoons ROYAL Baking Powder. |
| 1 teaspoon MOIR'S Vanilla Essence. |                                  |

Mix milk with icing sugar. Add beaten eggs, mix well. Add melted butter and beat well. Then add sifted flour and baking powder. Bake in 400 deg. oven for 20 minutes.

MRS. LILY LEADER, *Worcester.*

## MARBLE CAKE

- |                                    |                                   |
|------------------------------------|-----------------------------------|
| 6 ozs. butter.                     | $2\frac{1}{2}$ cups sifted flour. |
| 3 eggs.                            | 4 teaspoons ROYAL Baking Powder.  |
| 1 cup milk.                        | Pinch of salt.                    |
| 1 teaspoon MOIR'S Vanilla Essence. |                                   |
| 1 cup sugar.                       |                                   |

For chocolate mixture add 2 tablespoons cocoa to 2 teaspoons sugar and mix to a soft cream with a little hot milk.

Cream butter and sugar, add yolks, cream again. Stir in a little flour and then a little milk alternately until all but the last bit of flour remains, to which the baking power is added before mixing into cake. Add salt, vanilla essence and lastly stiffly beaten whites. Take 4 tablespoons of cake mixture and mix it into chocolate mixture. Pour layers of white and chocolate into greased tin and bake at 400 deg. for 50 minutes to 1 hour.

MRS. SYLVIA BROWN, *Worcester.*

## MAIZENA CAKE

- |                            |                                  |
|----------------------------|----------------------------------|
| $\frac{1}{4}$ lb. butter.  | $1\frac{1}{2}$ cups flour.       |
| 1 cup sugar.               | 3 teaspoons ROYAL Baking Powder. |
| $\frac{1}{2}$ cup maizena. | MOIR'S Essence.                  |
| 3 eggs.                    |                                  |
| $\frac{3}{4}$ cup milk.    |                                  |

Rub butter and sugar until creamy. Add yolks of eggs, rub separately. Add milk, maizena, sift flour and baking powder. Mix thoroughly. Add whites in lastly (beaten to a froth). Loose dough. Oven hot at bottom and medium at top 350 deg.

MRS. TILLY HASSALL, *Johannesburg.*

## PLAIN CAKE

- |                                  |                              |
|----------------------------------|------------------------------|
| 2 teaspoons ROYAL Baking Powder. | $\frac{1}{2}$ teaspoon salt. |
| $1\frac{1}{2}$ cups sugar.       | 2 cups flour.                |
| $\frac{1}{2}$ cup milk.          | 4 ozs. butter.               |
|                                  | 4 eggs.                      |

Put butter and milk in saucepan on fire and boil. Separate eggs and beat well. Mix in well beaten whites and yolks, add in dry ingredients. Bake in moderate oven.

MRS. BESSIE FRYLINCK, *Worcester.*



## PETIT-FOURS

Bake a sponge or plain cake—in a square pan. When slab is cool cut into shapes (triangles, diamonds, squares and rounds). Ice these cakettes with icings of various colours and flavours or coat the sides of each with jam and roll into chopped nuts or crushed cornflakes. A few drops of different vegetable colourings mixed in with the coconut makes these little cakes attractive for children's parties.

MRS. MAIDA SAKINOFKY, *Worcester.*

## RICH CHOCOLATE CAKE

- |                                    |                            |
|------------------------------------|----------------------------|
| 1 cup castor sugar.                | 1 cup flour.               |
| 1½ teaspoons ROYAL Baking Powder.  | ½ cup boiling water.       |
| ½ teaspoon MOIR'S Vanilla Essence. | 2 heaped tablespoons cocoa |
| Pinch salt.                        | 1 tablespoon cold water.   |
|                                    | ¼ lb. butter.              |
|                                    | 3 eggs.                    |

Cream butter and sugar. Add yolks one at a time. Mix. Make a paste of cocoa with cold water, and then the boiling water. Add alternately to sifted dry ingredients. Fold in beaten egg whites. Bake in greased layer tins 350 deg. for 20 minutes. Put together with cream, jam or chocolate filling, and ice top and sides in the usual way.

MRS. HILDA BROIDE, *Worcester.*

## SLICED FRUIT ROLL

- |   |                                    |
|---|------------------------------------|
| 3 full cups flour.                      | 1 cup sugar.                       |
| ½ lb. butter.                           | Pinch salt.                        |
| 2 eggs.                                 | 1 teaspoon MOIR'S Vanilla Essence. |
| 1 dessertspoon custard powder.          | Assorted fruits.                   |
| 2 heaped teaspoons ROYAL Baking Powder. |                                    |

Place dry ingredients into a basin. Rub in butter with fingertips. Beat eggs with essence, add to mixture. Divide dough into three portions. Roll out first part, spread evenly with apricot jam, sprinkle with sugar and cinnamon, then add fruit to cover dough. If liked, chopped walnuts may be added. Roll up. Do likewise with other two portions. Place in pan, spread top with egg, bake 375 deg. oven for 20 minutes. When cold cut into slices.

MRS. ANN KARPAS, *Worcester.*

## SPONGE CAKE

- |                                  |                           |
|----------------------------------|---------------------------|
| 4 eggs.                          | 1 tablespoon water.       |
| 1 cup flour.                     | 1 cup castor sugar.       |
| 2 teaspoons ROYAL Baking Powder. | 1 tablespoon lemon juice. |

Beat up whites stiffly. Beat yolks and add sugar. Add water and lemon juice, also half of egg whites. Fold in flour and baking powder, add rest of whites. Do not grease pans for cake, and bake in moderate oven for 30 minutes.

MRS. GERTIE BROUDIE, *Worcester.*

## SWEETHEART CAKE

$\frac{1}{2}$  cup sugar.  
3 eggs.  
2 cups flour.  
 $\frac{3}{4}$  cup milk.  
 $\frac{1}{4}$  lb. butter.

$\frac{1}{2}$  teaspoon MOIR'S Vanilla  
Essence.  
3 teaspoons ROYAL Baking  
Powder.  
Pinch salt.

Cream sugar and butter. Add eggs one at a time and beat well. Add vanilla, then flour and salt alternately with milk. Mix well, lastly add in baking powder. Bake 45 minutes in large tin or 25 minutes in sandwich tin at 400 deg.

MRS. GERTIE HASSALL, *Johannesburg.*

## SWISS ROLL

1 cup castor sugar.  
2 eggs.  
1 dessertspoon butter.  
1 cup flour.

1 teaspoon ROYAL Baking  
Powder.  
1 cup milk.

Beat eggs and sugar, add flour and baking powder. Heat milk and butter till it bubbles, add to mixture. Bake in 350 deg. oven.

MRS. JIMMY WARREN, *Calvinia.*

## SANDWICH CAKE

2 eggs.  
1 cup flour.  
 $1\frac{1}{4}$  teaspoons ROYAL Baking  
Powder.

MOIR'S Vanilla Essence.

1 cup sugar.  
 $\frac{1}{2}$  cup milk.  
2 ozs. butter.  
Salt.

Beat eggs and sugar well, add flour, baking powder, salt and vanilla. Place milk and butter on stove to heat, add to mixture slowly. Put into two sandwich tins and bake from 15 to 20 minutes. Jam or freshly whipped cream may be used as a filling.

MISS BERTHA SPIRO, *Worcester.*

## STEFANY CAKE

$\frac{1}{4}$  lb. butter.  
 $\frac{1}{2}$  cup sugar.  
2 eggs.  
 $\frac{1}{2}$  cup cream.  
Pinch salt.  
2 teaspoons ROYAL Baking  
Powder.

2 to 3 cups flour.  
CUSTARD:  
 $\frac{1}{2}$  tablespoon flour.  
2 yolks of eggs.  
 $\frac{1}{2}$  glass sugar.  
1 teaspoon MOIR'S Vanilla  
Essence.

Mix butter, sugar, salt to a paste. Add eggs well beaten. Add cream, baking powder and sufficient flour as it will take to make a soft dough to roll. Roll out 5 to 6 layers. Make custard, mixing it well over stove, adding 2 glasses of milk, until the first boiling. Remove from stove. Bake layers, fill with custard, leaving one layer to be crumbled and covered with custard. Allow to cool.

MRS. Z. ENGEL, *Johannesburg.*



## WALNUT AND DATE CAKE

- |  |   |
|--|---|
| 1 cup stoned dates.                    | 2 beaten eggs.                              |
| $\frac{3}{4}$ cup boiling water.       | 2 cups flour.                               |
| 1 heaped teaspoon bicarbonate of soda. | $\frac{1}{2}$ teaspoon ROYAL Baking Powder. |
| 2 ozs. butter (1 tablespoon).          | Little MOIR'S Vanilla Essence               |
| $\frac{1}{4}$ cup sugar.               | 1 cup walnuts.                              |

Dissolve bicarbonate of soda in  $\frac{3}{4}$  cup boiling water, mix in dates and cool. Cream butter and sugar, add eggs, beat well. Add in flour into which the baking powder has been sifted. Lastly, add vanilla, walnuts and date pulp. Bake in moderate oven 350 deg. for 1 $\frac{1}{2}$  hours.

MRS. BERTHA ELKIN, Worcester.

## WALNUT CAKE

- |                             |   |
|-----------------------------|---|
| 6 ozs. butter.              | 2 heaped teaspoons ROYAL Baking Powder. |
| 1 $\frac{1}{2}$ cups sugar. | 1 cup milk and water mixed.             |
| 3 eggs.                     | Pinch salt.                             |
| 2 $\frac{1}{2}$ cups flour. | 1 cup finely chopped walnuts.           |

Cream butter and sugar, add beaten yolks, then mix in flour and milk gradually. Add walnuts and lastly beaten whites. Pour into well greased pan and bake in moderate oven for 45 minutes.

MRS. HILDA SANDLER, Worcester.

## XMAS CAKE

- |   |   |
|---|---|
| 1 lb. flour (4 cups).                       | 1 lb. stoned raisins.                       |
| 14 ozs. castor sugar.                       | $\frac{1}{4}$ lb. mixed peel or ginger.     |
| 1 lb. sultanas.                             | 1 teaspoon mixed spice.                     |
| $\frac{1}{2}$ lb. glace cherries.           | $\frac{1}{4}$ teaspoon ground cloves.       |
| 8 to 10 eggs.                               | 1 wineglass brandy or wine.                 |
| 1 teaspoon ground cinnamon.                 | $\frac{1}{2}$ teaspoon bicarbonate of soda. |
| $\frac{1}{4}$ lb. almonds (may be omitted). | Pinch salt.                                 |
| 14 ozs. butter.                             | 1 tablespoon treacle.                       |
| 2 lbs. currants.                            |   |

Use thick substantial tins, and line with two or three layers of butter paper. Weigh all ingredients. Have the fruit ready cleaned, washed and dried. Cut the cherries. Sieve flour, salt and spices, cream butter, sugar and treacle well. Then add the eggs two at a time. When the eggs have been added and well blended add the dry ingredients, fruit, brandy and lastly the bicarbonate of soda mixed with a little milk or water. Should any signs of curdling appear add a little flour. If baked in one tin bake for 5 hours at 250 deg. Cover the top of tin with brown or butter paper. Switch top of oven off and leave the bottom on low.

MRS. JEAN LUYT, Worcester.

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*Place a few cloves or a stick of cinnamon in the oil to give doughnuts that added flavour.*

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# ICINGS and FILLINGS

---

## ALMOND PASTE

- |  |                                     |
|--|-------------------------------------|
| 4 ozs. ground almonds.                         | $\frac{1}{2}$ teaspoon lemon juice. |
| 5 ozs. sugar (half icing, half castor).        | $\frac{1}{2}$ teaspoon sherry.      |
| $\frac{1}{2}$ teaspoon MOIR'S Vanilla Essence. | $\frac{1}{2}$ teaspoon rum.         |
|  | 4 drops almond essence.             |
|  | Egg to mix (about half).            |

Stir in all the ingredients together, knead into a dough and roll out on a board, sprinkle with sieved icing sugar.

MRS. MAVIS ARONSON, *Worcester.*

## BUTTER ICING AND FILLING

- |                      |                  |
|----------------------|------------------|
| 1 cup icing sugar.   | White of an egg. |
| 1 tablespoon butter. | Flavouring.      |

Beat all together till smooth.

MRS. MARY KAY, *Johannesburg.*

## COCOLATE ICING

- |                           |                                     |
|---------------------------|-------------------------------------|
| $\frac{1}{2}$ lb. butter. | 2 heaped tablespoons cocoa.         |
| 2 lbs. icing sugar.       | 2 teaspoons MOIR'S Vanilla Essence. |
| Salt and lemon to taste.  |                                     |

Soften the butter, add all ingredients together. Mix until blended.

MRS. BERTHA ELKIN, *Worcester.*

## COCOLATE ICING

- |                       |                             |
|-----------------------|-----------------------------|
| 1 tin condensed milk. | 2 ozs. (squares) chocolate. |
|-----------------------|-----------------------------|

Melt chocolate over boiling water, add condensed milk. Stir until thick. If too thick add in a few drops of water till right consistency.

MRS. MYRTLE KAGAN, *Leslie, Tvl.*

## SEVEN-MINUTE ICING

- |                                   |                                    |
|-----------------------------------|------------------------------------|
| 2 unbeaten egg whites.            | 6 tablespoons cold water.          |
| 1 $\frac{3}{4}$ cups icing sugar. | 1 teaspoon MOIR'S Vanilla Essence. |

Put all ingredients (except vanilla) into a double boiler. Beat well whilst cooking till mixture stands in peaks. Remove from fire. Put in vanilla, beat again. Dip biscuits into mixture and roll in coconut.

MRS. BECKY YODEIKIN, *Bulawayo.*

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# PIES and PASTRY

---

## ALMOND TART

- |                           |                               |
|---------------------------|-------------------------------|
| $\frac{1}{4}$ lb. butter. | 4 tablespoons ground almonds. |
| 2 tablespoons sugar.      | 4 tablespoons flour.          |

Cream butter and sugar well, add ground almonds, then lastly the flour. Mix. Divide mixture into two parts and put into shallow baking tins (not very large). Put together with apricot jam. Bake in a slow oven 300 deg. Be careful when removing from tins, as mixture crumbles very easily.

MRS. RAE GOSS, *Worcester.*

## APPLE PIE

- |                                  |                         |
|----------------------------------|-------------------------|
| 1 lb. flour (4 cups).            | 1 teaspoon ROYAL Baking |
| $\frac{1}{2}$ lb. sugar (1 cup). | Powder.                 |
| $\frac{3}{4}$ lb. butter.        |                         |

Mix flour, sugar and baking powder and rub in the butter till mixture resembles fine breadcrumbs. (Do not use any liquid.) Put half the mixture into a greased pie dish and press down firmly. Then add in a layer of stewed apples. Bake in moderate oven with pie dish in a pan of hot water to prevent burning.

MRS. JEAN LUYT, *Worcester.*

## BLITZ TART

- |                                 |                          |
|---------------------------------|--------------------------|
| $\frac{1}{2}$ cup castor sugar. | 2 teaspoons ROYAL Baking |
| $\frac{1}{4}$ cup butter.       | Powder.                  |
| MOIR'S Vanilla Essence.         | $\frac{1}{4}$ cup milk.  |
| 4 eggs.                         | Pinch salt.              |
|                                 | 1 cup flour.             |

Cream butter and sugar, add egg yolks and vanilla. Mix the flour and baking powder together and add to butter and sugar mixture alternately with the milk. Spread into two shallow baking pans. Cover the mixture with the whites of eggs stiffly beaten and mixed with  $\frac{1}{4}$  cup sugar. Lastly, sprinkle blanched almonds or walnuts on meringue. Bake in a moderate oven for about half an hour. Put together with the following custard filling:

## CUSTARD FILLING

- |                              |                         |
|------------------------------|-------------------------|
| 1 teaspoon flour or maizena. | MOIR'S Vanilla Essence. |
| 1 egg.                       | Pinch salt.             |
| $\frac{1}{4}$ cup sugar.     | 1 cup milk.             |

Mix dry ingredients, add slightly beaten egg and pour into the scalded milk gradually. Cook until thick and smooth, stirring constantly. When cool add vanilla.

MRS. RAE GOSS, *Worcester.*

## CONDENSED MILK TART

1 pkt. Marie biscuits.  
1 tin condensed milk.  
2 eggs.

2 tablespoons butter.  
1 teaspoon cinnamon.  
Juice of 1 lemon.

Crush the Marie biscuits finely and rub in butter and cinnamon. Line plate with mixture. **FILLING:** Mix condensed milk, lemon juice and yolks of eggs and pour on to lined plate. Make meringue of the stiffly beaten egg whites and two tablespoons sugar. Put on top of tart and bake in cool oven.

MRS. BESSIE FRYLINCK, *Worcester.*

## CHEESE TART

1 tablespoon sugar.  
1 cup flour.  
Little milk (sour, if possible).  
Pinch salt.

1 teaspoon ROYAL Baking Powder.  
1 egg.  
2 ozs. butter.

Cream butter and sugar, add flour, salt, baking powder, beaten egg and milk. Make a pliable pastry, not too soft. Place in tin or pyrex dish. Fill with the following mixture: 1 egg,  $\frac{1}{4}$  cup cream,  $\frac{1}{4}$  lb. cream cheese,  $1\frac{1}{2}$  teaspoons sugar, 2 full teaspoons custard powder. Mix together. Bake in 350 deg. oven (not too hot) for half an hour.

MRS. MARGOLIS, *Johannesburg.*

## CHEESE CAKE

$\frac{1}{4}$  lb. butter.  
3 tablespoons sugar.  
1 egg.

$\frac{1}{2}$  teaspoon ROYAL Baking Powder.  
1 cup flour.

Rub sugar and butter, add egg, baking powder and flour. Line a baking dish with the pastry.

### FILLING

2 eggs.  
 $\frac{1}{2}$  lb. cream cheese.  
1 tablespoon flour.  
3 tablespoons sugar.

1 cup milk.  
 $\frac{1}{2}$  teaspoon MOIR'S Vanilla Essence.  
2 tablespoons lemon juice.

Combine cheese, flour and sugar. Add yolks of eggs, vanilla, milk and lemon juice. Lastly, add beaten whites of eggs. 325 deg. for  $\frac{1}{2}$  hour.

MRS. SEVI LEVIN, *Worcester.*

## JAM TART (Sufficient for 2 Tarts)

4 cups flour.  
 $\frac{1}{2}$  lb. butter.  
4 tcaspoons ROYAL Baking Powder.

6 tablespoons sugar.  
2 eggs.  
MOIR'S Vanilla Essence.

Rub butter into flour, add baking powder and sugar. Mix in the well-beaten eggs and lastly add vanilla. Knead lightly on floured board and roll out, line baking tins with pastry and fill in with jam, cover criss-cross with strips of dough and bake in a moderate oven.

MRS. NAOMI SAGOR, *Worcester.*



## LEMON MERINGUE PIE

Line a baking tin with any pastry.

### FILLING

- |                       |                                |
|-----------------------|--------------------------------|
| 1 cup sugar.          | 3 eggs.                        |
| 4½ tablespoons flour. | 2 tablespoons butter.          |
| Pinch salt.           | ½ cup lemon juice.             |
| 1½ cups water.        | 2 teaspoons grated lemon rind. |

Mix sugar, flour and pinch of salt. Gradually add water. Mix well. Add 3 well-beaten egg yolks. Cook in double boiler till thick for 10 minutes. Then add butter, lemon juice and rind. Put in the filling, top with meringue and bake 325 deg. for 20 minutes.

MRS. LENI FRIEDMAN, *Worcester.*

## PINEAPPLE CHEESE CAKE

Crush 4 cups corn flakes, add 2 tablespoons sugar, 4 tablespoons melted butter, mix till blended. Line a pyrex dish with mixture, not forgetting to reserve some for top of cake. Chill or bake for 5 minutes.

### FILLING

- |                                 |                            |
|---------------------------------|----------------------------|
| 1 tablespoon gelatine.          | 2 tablespoons lemon juice. |
| ½ cup water.                    | 1 cup cottage cheese.      |
| 3 eggs.                         | ½ cup sugar.               |
| 1 cup crushed canned pineapples | Pinch salt.                |
| (syrup as well).                | 1 teaspoon rind of lemon.  |

Beat 3 yolks slightly, add the pines, rind, juice, ½ cup sugar. Boil in a double boiler, stirring till thick, add the gelatine which has been dissolved in ½ cup water. Remove from heat, put the cheese through a strainer, add to hot mixture. Cool until mixture thickens. Beat three egg whites with pinch salt, gradually beat in ½ cup sugar and fold into mixture, heap on chilled crust, sprinkle with crumbs. Chill 3 hours.

MRS. ROSE LEVIN, *Oudtshoorn.*

## PINEAPPLE FLAN

- |                     |                          |
|---------------------|--------------------------|
| 1 cup flour.        | 2 teaspoons ROYAL Baking |
| 3 eggs.             | Powder.                  |
| ½ cup sugar.        | 2 ozs. butter.           |
| ½ pint fresh cream. | ½ cup milk.              |

Place milk and butter in saucepan and boil. Mix eggs and sugar into a bowl, add stiffly beaten egg whites, ½ cup flour and mix. Pour over the boiling milk and lastly remainder of flour and baking powder. Pour into greased flan pans, bake 10 minutes in 400 deg. oven. When cool put in the following filling and decorate with whipped cream. FILLING: Grate 1 pineapple, put on to boil with 1 cup sugar and 1 tablespoon maizena to thicken. Cool.

MRS. SUSIE ERASMUS, *Worcester.*

---

*When making tarts the bottom is apt to become wet from the juice of the fruit. To prevent this brush bottom of tart with yolk of an egg before adding fruit filling.*

## POST TOASTIE CHEESE CAKE

- |                                |                                 |
|--------------------------------|---------------------------------|
| 2 cups Post Toasties.          | 1 cup brown or white sugar.     |
| 1½ cups flour.                 | 1 teaspoon ROYAL Baking Powder. |
| Little less than ¼ lb. butter. |                                 |

Mix Post Toasties, flour, baking powder, sugar and melted butter. Put into greased pyrex dish and put cheese filling on top. Keep a little of the Post Toastie mixture for the top of the filling.

### FILLING

- |                     |                     |
|---------------------|---------------------|
| 1 lb. cream cheese. | 1 tablespoon sugar. |
| 1 egg.              |                     |

Bake in fairly hot oven for 25 minutes.

MRS. LEA STEIN, *Linksfeld, Johannesburg.*

## POST TOASTIE TART

- |                       |                            |
|-----------------------|----------------------------|
| 4 cups Post Toasties. | ½ cup butter (2 ozs.).     |
| ½ cup sugar.          | 1 small teaspoon cinnamon. |

Crush Post Toasties, mix in sugar, cinnamon and melted butter. Line a pyrex dish with this mixture.

### FILLING

- |                                    |                  |
|------------------------------------|------------------|
| ½ teaspoon MOIR'S Vanilla Essence. | ½ cup sugar.     |
| 2 cups milk.                       | ½ teaspoon salt. |
| 2 tablespoons flour.               | 3 eggs.          |

Beat whites of eggs with 2 tablespoons sugar till fairly stiff. Cook rest of ingredients in double boiler. When cool pour over the Post Toasties mixture, add meringue on top. Bake 30 minutes in 300 deg. oven.

MRS. JIMMY WARREN, *Calvinia.*

## RICE CRISPIE TART

- |                       |                      |
|-----------------------|----------------------|
| 1 tin condensed milk. | 4 ozs. crispies.     |
| ¼ lb. butter.         | 1 pkt. marshmallows. |

Put butter and marshmallows in saucepan and melt slowly. Add rice crispies and stir. Remove from fire and press with spoon in a tart dish to make surface and sides uniform. Spread over the condensed milk (which has boiled for 4 hours). Decorate with marshmallows.

MRS. ANN BRAUER, *Worcester.*

## STRUDEL

- |              |   |
|--------------|---|
| 3 eggs.      | 2 teaspoons ROYAL Baking Powder.        |
| ¼ cup oil.   | Sufficient flour to make a stiff dough. |
| 1 cup sugar. |   |

Beat eggs and sugar very well, add oil, baking powder and flour. Knead well. Divide dough into four portions. Roll out, place in 9in. square tin, spreading a filling of jam, cinnamon and sugar, also sultanas, currants, etc., between layers. Spread the top layer with cinnamon and sugar. Bake in a slow oven for an hour.

MRS. MINNIE KOSSEW, *Worcester.*



## TRY-IT CARAMEL TART

1 pkt. Marie biscuits.

$\frac{1}{2}$  lb. butter.

Roll biscuits finely, mix in butter. More butter may be used, according to size of dish. Press down well in pie dish.

### FILLING

1 cup yellow sugar.

2 tablespoons flour.

2 egg yolks.

$1\frac{1}{2}$  cups water.

2 egg whites.

Large piece butter.

MOIR'S Vanilla Essence.

Salt to taste.

Mix flour and sugar, add yolks, mix in water gradually, then put into a saucepan on a slow fire, stir until mixture thickens, remove from heat. Stir in butter, vanilla and salt. Use whites of eggs, beaten stiffly for meringue. Bake in moderate oven until set and crust has turned light brown. If desired top with sweet cream.

MRS. NAOMI SAGOR, *Worcester.*

## TENNIS BISCUIT TART

1 pkt. tennis biscuits.

2 tablespoons melted butter.

1 pkt. MOIR'S Lemon Jelly.

1 tin canned fruit.

Use  $\frac{1}{2}$  pkt. biscuits, roll into fine crumbs. Mix crumbs with the butter and press firmly into shallow tart dish. Arrange half pieces of remaining biscuits around the edge of dish. Chill in refrigerator for 1 hour. Dissolve jelly and place in refrigerator until it begins to set. Arrange pieces of canned fruit on crust, pour the jelly over fruit, set. Trim with whipped cream.

MRS. MIMI DIXON, *Worcester.*

## TART PASTRY

$1\frac{1}{2}$  cups flour.

1 tablespoon sugar.

$1\frac{1}{2}$  teaspoons ROYAL Baking Powder.

$\frac{1}{4}$  lb. butter.

1 teaspoon MOIR'S Vanilla Essence.

1 egg yolk.

Rub butter into flour, baking powder and salt. Add sugar. Knead into a stiff dough with egg yolk and vanilla (a little water if necessary). Pat into buttered pie dish, put in filling and bake in oven 350 deg.

WELL-WISHER.

## CREAM CHEESE PASTRY

$\frac{1}{4}$  lb. cream cheese.

1 cup flour.

$\frac{1}{4}$  lb. butter.

Mix the cheese and butter together. Fold in flour and roll out thin on board. Fold over a few times, rolling each time. Fold again and place in refrigerator for two hours. Use as required. This pastry is best used for tartlets filled with jam, whipped cream, etc. To make tartlet cut rounds  $1\frac{1}{2}$  in. diameter. Use two for each tartlet, cutting centre out of top one. Press edges firmly together. Bake in hot oven for 15 minutes.

MRS. S. BECKER, *Johannesburg.*

## DALENE PUFF PASTRY

2 cups sifted flour.

$\frac{1}{2}$  lb. butter.

1 teaspoon salt.

1 cup sour cream.

Rub butter into sifted flour, add salt. Mix into a stiff dough with sour cream. Do not roll out immediately, but wrap up in greaseproof paper and chill. Use as required and roll out very thinly. Can be kept for several days.

MRS. DALENE VAN NIEKERK, *Worcester.*

## DANISH PASTRY

2 lbs. flour (8 cups).

1 lb. and 2 ozs. butter.

2 teaspoons salt.

4 cakes yeast.

4 eggs.

2 heaped tablespoons sugar.

Rub 2 ozs. butter into the 2 lbs. flour, and salt. Add the sugar. Knead into a firm pliable dough with 4 cakes yeast (previously mixed with a little warm water) and the 4 well-beaten eggs. Leave in a cool place (NOT in a refrigerator) for half an hour. Roll out thinly, put on pats of butter at small intervals. Fold over and roll out again, and repeat until all the butter is used up and cannot be seen. Put in refrigerator for two hours, or, if convenient, overnight. Roll out in long narrow strips. Strew with cinnamon, sugar and mixed "fruits." Fold over and cut into slices. Let rise slightly, paint with egg, bake in fairly hot oven 400 deg. until golden brown.

MRS. SYLVIA BROWN, *Worcester.*

## MILK TART (PUFF PASTRY)

2 eggs.

1 $\frac{1}{2}$  cups boiling milk.

2 $\frac{1}{2}$  tablespoons sugar.

1 tablespoon flour.

1 teaspoon maizena.

Little cold milk.

Line a 9in. pyrex dish with  $\frac{1}{2}$ in. thick puff pastry and make filling as follows: Mix sugar, flour and maizena with a little cold milk and add beaten eggs. Boil remainder of milk, add rest of mixture slowly to hot milk, stirring all the time until thick. Pour into pastry-lined piedish and bake in hot oven 450 deg. until pastry is light brown.

MRS. SYLVIA BROWN, *Worcester.*

## PUFF PASTRY

1 lb. sifted flour.

1 lb. creamery butter.

1 tot brandy in glass of cold water.

2 heaped tablespoons cold vegetable fat.

Pinch salt.

Sift flour, add salt and rub in fat. Mix in with water and brandy and knead with fingers into a fairly stiff dough. Place dough on to board, knead lightly, then roll with palm of hand into long strips. Fold the dough and repeat the process until the dough is pliable and elastic and when cut with a knife shows no airholes. Place dough into refrigerator for a while to cool. Then place dough on slightly floured board and roll out thin with rolling pin. Stretch dough with hands by pulling it carefully so that it should not tear. Taking half of the butter, put pats all over the dough. Fold over, roll dough and repeat with the rest of the butter. For jam turnovers roll out  $\frac{1}{2}$ in. thick. For milk tarts or savoury tarts roll out  $\frac{1}{2}$ in. thick and bake in 450—475deg. oven.

MRS. SYLVIA BROWN, *Worcester.*



# TART and PASTRY FILLINGS

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## APPLES (STEWED)

Stew apples with cinnamon sticks and sugar. When using this or any other thin filling first strew the bottom of the pie crust with a little Post Toasties and crust will not get sodden.

MRS. SYLVIA BROWN, *Worcester.*

## APRICOT FILLING

1 tin whole apricot jam.

1 tin condensed milk.

Crush apricots finely, mix in the milk. This is also suitable for icing a cake.

MISS SALLY BROUDIE, *Worcester.*

## CREAM BANANA

2 sliced bananas.

1 teaspoon MOIR'S Vanilla  
Essence.

2 egg yolks.

2 cups scalded milk.

$\frac{1}{2}$  cup sugar.

$\frac{1}{2}$  cup flour.

Mix dry ingredients, add slowly to the milk, cook 15 minutes in double boiler, stirring till mixture thickens, add egg yolks slightly beaten. Stir, and cook for 2 minutes. Cool and flavour; add bananas. Put into tart or pastry, cover with whipped cream.

MISS MURIEL COHEN, *Johannesburg.*

## CONDENSED MILK FILLING

One tin sweetened condensed milk, 1 egg,  $\frac{1}{2}$  cup lemon juice and the rind of  $\frac{1}{2}$  lemon. Mix well together.

MRS. ANN BRAUER, *Worcester.*

## GOOSEBERRIES

Remove the gooseberries from a tin and make a custard with the juice by adding 4 heaped teaspoons custard. Return the fruit to the custard, leaving a few with which to trim the tart after it has been baked. When tart is cool decorate with whipped cream.

MRS. SYLVIA BROWN, *Worcester.*

## PINEAPPLE

Grate 1 pineapple and 1 apple, add 2 tablespoons sugar and 1 dessert-spoon custard powder. Stir on stove till thick.

MRS. GERTIE BROWN, *Worcester.*

## RHUBARB

3 cups rhubarb cut small ( $\frac{1}{2}$  in.). Mix in 2 tablespoons maizena (corn-starch). Add  $1\frac{1}{2}$  cups sugar and 1 well-beaten egg. Pour into a piedish lined with pastry, cover with a crust and prick surface. Bake till well browned  $\frac{1}{2}$  hour about 400 deg.

MRS. MAIDA SAKINOFKY, *Worcester.*

# BEVERAGES

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## COFFEE

Scald coffee pot with boiling water. Drain out, and whilst the pot is still warm add in 1 heaped tablespoon coffee and pour over 4 cups boiling water. Stir thoroughly. Keep hot, but do not boil. Strain through fine muslin into cups. Add hot milk or cream as desired.

MRS. JETTY DE VILLIERS, *Worcester.*

## EGG-FLIP

Separate the yolk and white of an egg. To the yolk add 1 tablespoon sugar and beat until light in colour and thick. Add 2 teaspoons brandy and  $\frac{1}{2}$  cup milk. Pour into a glass. Serve hot or cold.

MRS. HILDA BRODIE, *Worcester.*

## GINGER BEER

8 bottles cold water.

$\frac{1}{2}$  cake yeast.

2 teaspoons ground ginger.

1 teaspoon tartaric acid.

$1\frac{1}{2}$  to 2 cups sugar.

Mix all ingredients, strain and pour into bottles. Stand for 18 to 24 hours before using. More ginger and sugar may be added if desired.

MRS. MARIE NAUDE, *Worcester.*

## GRAPE FRUIT PUNCH

Fill tumbler with crushed ice. Then half fill with sweetened grapefruit juice. Add two glace cherries. Fill tumbler with ginger ale. Garnish with a sprig of mint.

MRS. JANIE TRAUB, *Worcester.*

## LEMONADE

4 lemons.

1 cup sugar.

4 cups boiling water.

Peel off lemon rind thinly, place in a jug with the sugar, pour over the boiling water, allow to cool, stirring occasionally, then add lemon juice. Strain before using.

MRS. JEANNE SHER, *Bulawayo.*

## LEMON SYRUP

4 lbs. sugar.

5 bottles water (26 ozs.).

1 pkt. tartaric acid.

1 bottle MOIR'S Lemon Essence.

6 to 9 lemons.

Bring sugar and water to the boil. Cool, add tartaric acid and essence. Strain. When cold add lemon juice. This must be used as lemons with water, and not pure.

MRS. SALLY ROTSTEIN, *Worcester.*



# JAMS and PRESERVES

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## APPLE CHUTNEY

- |                          |                      |
|--------------------------|----------------------|
| 2½ lbs. sliced apples.   | ½ oz. mustard seeds. |
| ¾ lb. brown sugar.       | ¾ lb. sultanas.      |
| ½ oz. salt.              | ½ oz. garlic.        |
| Pinch of cayenne pepper. | 1 pint vinegar.      |
| ½ oz. ground ginger.     |                      |

Put the apples, sugar and vinegar into a pan and cook till the apples are pulp, then add the rest of the ingredients, bruising the garlic before adding. Stir well, put into a basin, cover closely and leave for a week, stirring it several times a day. Then put into jars and screw tightly.

MRS. JANIE TRAUB, *Worcester.*

## GREEN FIG PRESERVE

Peel figs very thinly (wear rubber gloves). Cut an X at each end of each fig. Boil the figs in water, adding a few fig leaves. When soft and easily pierced with a knitting needle drop the figs into cold water. Whilst figs are boiling prepare this syrup: 6 lbs. sugar to 4 lbs. fruit, 1 cup water to every cup sugar. Strain syrup and return to saucepan, adding juice of two lemons, and bring to the boil. Then add the figs and boil rapidly until the fruit is clear and transparent and the syrup very thick. A few cloves or sticks of cinnamon may be added for flavour. Put into hot sterilised jars and close down at once.

MRS. JEAN LUYT, *Worcester.*

## MARMALADE

- |  |   |
|--|---|
| 1 large orange.                        | 1 large grapefruit.                           |
| Cut and cover with 4 bottles of water. | Cut thinly and cover with 3 bottles of water. |
|  | Leave overnight.                              |

Drain water off grapefruit and mix with the orange and water. Boil well until pieces are tender. Stir in 6 lbs. sugar, the juice of 2 oranges and 1 grapefruit and leave till the next day. Boil until it jellies and bottle.

MRS. ESTHER CANARD, *De Doorns.*

## MUSTARD

- |                        |                      |
|------------------------|----------------------|
| 1 large egg.           | 2 tablespoons sugar. |
| 2 tablespoons mustard. | 1 cup vinegar.       |

Boil to thicken and bottle.

MRS. A. V. KRIGE, *Mayoress, Worcester.*

## ORANGE PRESERVE

1½ lbs. sliced oranges (peel and flesh).      4½ pints water.  
6 lbs. sugar.

Place oranges and water into a saucepan, cook for approx. ½ hour till skins are tender. Add the sugar to mixture and cook further until thick. If desired 1 pineapple may be added for flavouring differently.

MRS. BETTY VAN BLOMMENSTEIN, *Worcester.*

## PEACH PRESERVE

Peel small clingstone peaches and leave to soak in salt water for an hour. Remove and prick with a cake-fork. Wash off the salt water. Weigh the fruit and boil in fresh water until tender and firm. Syrup: 1 lb. sugar and 1 pint water to each lb. fruit. Boil water with sugar. Strain, put on to boil again. Add fruit to boiling syrup. Allow to cook for a while. Remove from stove and leave peaches in the syrup overnight. Following day boil again until syrup is thick. Bottle whilst syrup is still very hot. Seal and screw lids on tightly. Ginger may be added to flavour.

MRS. RENIE GENIS, *Worcester.*

## QUINCE HONEY

Peel quinces, cut and core them, then put through mincing machine. To 5 lbs. of pulp add 1 teaspoon citric acid or juice of 1 large lemon and ¼ teaspoon salt. To the 5 lbs. of pulp add 5 pints water, put in a preserving pan and boil for 30 minutes or until clear. Then measure and add equal amount of sugar. Stir well until sugar is dissolved. Boil over brisk fire until a jelly is formed. Test a little in a saucer.

MRS. RINA KLUE, *Worcester.*

## WATERMELON KONFYT

The type of watermelon best suited to konfyt is one which is not completely ripe, and therefore, when the ripe pieces of melon have been cut away leave thick, uncoloured pieces of the melon adhering to the skin.

Peel the green skin very thinly and cut into whatever size preferred, remembering that the thicker the pieces the better. Now take a fork and puncture the melon thoroughly, so that when soaking in lime water the lime will penetrate right through. You will require 2½ tablespoons of lime (which can be purchased from any chemist) to 1 bucket or bowl of water.

Dissolve the lime in the water and allow to stand for about an hour, so that the lime water when ready for use is quite clear. Place the prepared peels into the lime water and soak overnight. It is advisable, before placing the konfyt into the syrup, prior to boiling, to bring the konfyt to the boil in clean, cold water in order that surplus lime is disposed of. If this is done it will also be noticed that a scum forms on top of the water, and it is preferable to avoid having this in the actual konfyt. Bruise four pieces of ginger and place in the syrup, which is made thus: 6 lbs. white sugar to every 4 lbs. of watermelon, and add water so that when boiling the syrup is not too thick. Boil the konfyt until the pieces are transparent. When cooked it is ready for use or preserving. The syrup will also by this time have thickened.

MRS. RUTH BOTHA, *Worcester.*



# THE PASSOVER SEDER

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Amongst the colourful array of Jewish festivals the Passover stands out supreme. The highlight of the festival is the Seder. Tradition ordains a distinctive domestic ceremonial, nothing short of which will satisfy the impassioned yearnings of the Jewish soul.

The following are the items to be provided and the manner of their arrangement, as required of the Jewish housewife.

1. Horse radish or lettuce (referred to as "Moror"—bitter herb).
2. Either radish, celery, spring onion or cooked potato (referred to as Karpas).
3. A roasted shank bone or wing of a fowl.
4. A roasted egg.
5. "Charoses," consisting of grated apples and almonds, thickened by the addition of cinnamon and formed into a paste with a few drops of wine.

## TABLE ARRANGEMENTS

All the items are arranged on a large plate, in double triangular form as indicated below, and placed before the head of the table:

Roasted Egg		Shanks Bone
	Moror	
Karpas		Charoses
	Moror	

In addition, a small bowl of salt water is placed on the table. In this the Karpas is dipped, as indicated in the Haggadah. Each individual has before him a plate on which is placed three Matzos covered by a cloth and a cup of wine. A large goblet is placed on the table, to be filled after the repast. This is referred to as Elijah's Cup.

## SYMBOLISM

A word to the housewife on the symbolism of the evening.

The *Leitmotif* of the Seder Night is "From Bondage to Freedom." The bitter herb, with the Charoses, as the "bricks and mortar," are symbolic of bondage, whilst the act of dipping the "Karpas" in the salt water, as an indication of leisure, is symbolic of freedom. The roasted shank bone and egg recall respectively the Paschal and festival lambs of Biblical times. The three Matzos correspond to the social strata of the people of Israel—Priests (Cohanim), Levites and Israelites. Four cups of wine are drunk to celebrate the four expressions of redemption in the divine message to Moses, indicating the evolutionary stages of the Exodus period, from redemption of body to redemption of soul. Elijah's Cup is a reference to the redemption to come with which the prophet's name is associated.

A final word to the housewife. All this represents the basic requirements for the traditional Seder Night table arrangements. The widest scope is allowed for the imaginative and artistic qualities of the individual housewife to create an atmosphere of domestic holiness and abiding spiritual beauty.

MRS. ROSE SMITH (*wife of Rabbi Mark Smith*), Worcester.

THE PASSOVER SPIDER



*Fairweather*

COATS &  
COSTUMES



# PEISACH (PASSOVER) DISHES

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## BEETROOT AND LEMON PRESERVE

- |                    |                            |
|--------------------|----------------------------|
| 4 lbs. beetroot.   | 2 teaspoons ground ginger. |
| 3 lbs. sugar.      | 3 lemons.                  |
| 4 ozs. groundnuts. |                            |

Peel beets, cut into matchlike sticks, or put through the mince machine. Put into a preserving pan, add enough water to cover and cook gently till tender. Then add sugar, grated rind and juice of the lemons and the ginger. Stir until the sugar has dissolved, then bring to the boil and cook gently till thick and clear (1 hour). Add the nuts to mixture a few minutes before removing from stove. Turn into warm dry jars and cover.

MRS. BETTY CITRON, *Worcester.*

## CREAM CHEESE MATZOS

Soak about 6 matzos in milk for 2 minutes, then place matzos on top of each other, with cream cheese filling in between each layer.

### CREAM CHEESE MIXTURE

- |                          |                          |
|--------------------------|--------------------------|
| 1 lb. cream cheese.      | $\frac{1}{2}$ cup sugar. |
| 1 tablespoon sour cream. | Salt to taste.           |
| 1 egg.                   |                          |

Beat up egg, sugar, salt, cream and lastly cheese. Sprinkle top matzo with cinnamon and sugar. Bake in oven till brown.

MRS. BETTY SCHOCHAT, *Worcester.*

## CARROT PUDDING

Peel and grate  $1\frac{1}{2}$  cups raw carrots. Beat  $1\frac{1}{2}$  cups of sugar and the yolks of 4 eggs until thick. Add the carrots, 1 cup grated almonds, the finely grated rind of  $\frac{1}{2}$  lemon and 1 tablespoon wine. Beat well and fold in stiffly beaten egg whites. Grease a dish, sprinkle with potato flour. Pour in the batter and bake 1 hour 325 deg. until brown.

MRS. LEA STEIN, *Linksfield, Johannesburg.*

## GRAPE JAM

- |                        |                     |
|------------------------|---------------------|
| 6 lbs. grapes (black). | 1 lemon.            |
| 6 lbs. sugar.          | 2 teaspoons ginger. |

Wash and remove grapes from stalks. Leave the grapes and sugar to stand overnight in a basin. The following day place grapes and sugar in a large saucepan and boil slowly for four hours. When pits rise to top of pot remove with wooden spoon. Half an hour before removing from fire add the juice of the lemon and the ginger. DO NOT STIR. Allow jam to cool. Put into warm, dry jars and close tightly.

MRS. BETTY CITRON, *Worcester.*

## HORSERADISH SAUCE

Wash, peel and grate or mince 3 horseradish roots. Add 3 tablespoons sugar and sufficient vinegar (white). To make a red mixture grate in 1—2 boiled beets. Place in jar and cover tightly with lid.

MRS. MAIDA SAKINOFSKY, *Worcester.*

## HAZELNUT CAKE

$\frac{1}{2}$  lb. shelled hazelnuts (minced).      1 cup sugar.  
5 eggs.      Pinch salt.

Separate eggs. Beat yolks very well, add sugar gradually. Stir in minced nuts. Fold in stiffly beaten egg whites. Bake in cake tin in moderate oven for about 1 hour.

MRS. ESTHER CANARD, *De Doorns.*

## KNEIDLACH . (1)

3 eggs.      6 dessertspoons matzo meal.  
1 dessertspoon chicken fat.      Salt and pepper to taste.  
3 dessertspoons hot water.

Mix chicken fat with hot water, beat in 3 eggs and add seasoning. Add the matzo meal gradually. Mix slightly. Leave in refrigerator for an hour. Shape into balls and place in boiling water or soup.

MRS. MINNIE BRENNER, *Worcester.*

## KNEIDLACH (2)

2 eggs.      2 cups matzo meal.  
2 tablespoons chicken fat.      1 teaspoon salt.  
2 cups boiling water (or soup).       $\frac{1}{2}$  teaspoon cinnamon.

Dissolve fat in water and allow to cool until lukewarm. Beat eggs well, add to water and fat. Add salt and cinnamon, then matzo meal. The mixture will be very loose. Allow this mixture to stand for 1 hour. Roll into balls, then put into pot of boiling water and cook for 20 minutes.

MRS. FANNIE DORFMAN, *Worcester.*

## KNEIDLACH (STUFFED)

1 tablespoon chicken fat.       $\frac{1}{2}$  teaspoon sugar.  
1 egg yolk.       $\frac{1}{2}$  teaspoon cinnamon.  
1 tablespoon ground or grated almonds.      Matzo meal to make firm mixture.  
 $\frac{1}{2}$  teaspoon salt.

Place in refrigerator. Make small balls and use as a stuffing in the kneidlach. Cook as usual.

MRS. MAIDA SAKINOFSKY, *Worcester.*



## LEMON FISH

2½ lbs. kabeljou.  
½ glass lemon juice.  
2 tablespoons sugar.

2 eggs.  
1 medium onion.  
Salt and pepper to taste.

Slice onion and boil in a little water until tender. Place sliced fish in the saucepan with onions. Add lemon, sugar and seasoning. Beat eggs in a bowl. When fish is cooked add the sauce of fish to eggs, beating gradually and constantly to prevent curdling. Place fish in a glass dish and cover with sauce. Serve hot or cold.

MRS. LILY LEADER, *Worcester.*

## MANDLACH

4 eggs.  
Pinch salt.  
1 dessertspoon sugar.

Matzo meal to make loose  
dough.

Beat eggs, salt and sugar well, add matzo meal. Leave for 20 minutes to get firm. Boil up sufficient chicken fat in a pot and drop the mixture by spoonful into fat, cook till golden brown. Serve hot with soup.

MRS. BETTY SCHOCHAT, *Worcester.*

## MATZO COOKIES

1 cup matzo meal.  
1 cup sugar.  
½ cup potato flour.  
¼ cup chopped almonds.

½ cup oil.  
¼ teaspoon salt.  
4 eggs.

Mix all dry ingredients. Cream sugar, eggs and oil, add to first mixture. Mix well. Roll out, cut into desired shapes. Bake in greased pan in hot oven until browned.

MRS. ANN WURWAND, *Worcester.*

## MATZO MEAL PANCAKES

3 eggs.  
1 cup matzo meal.  
¼ cup water.

1 teaspoon sugar.  
Pinch salt.  
1 teaspoon chopped almonds.

Place matzo meal in a bowl, add water, when mixed add in salt, sugar, almonds and the yolks of eggs, well beaten. Lastly, stir in the stiffly beaten whites. Fry by tablespoon in hot butter or fat.

MRS. MARY KAY, *Johannesburg.*

## MATZOS PUDDING

2 cups milk.  
Pinch salt.  
1 grated apple.

3 eggs.  
1½ tablespoons sugar.  
Flavouring.

Soak about three or four Matzos in water until soft. Drain well, add grated apple to the Matzos, beat milk, eggs, sugar, flavouring well together, add to the Matzos. Place mixture into a well-greased pyrex dish with two tablespoons apricot jam at the bottom. Bake for about an hour.

MRS. ANNE KARPAS, *Worcester.*

## MATZOS SCRAMBLED

Dampen six Matzos with boiling water. Drain, and crumble into pieces. Beat 1 egg well, in bowl, add  $1\frac{1}{2}$  cups milk,  $\frac{1}{4}$  teaspoon salt (sugar and cinnamon as liked). Add Matzos. Mix. Drop by spoonful on to hot buttered pan and fry till both sides are nicely browned. Serve hot.

MRS. TILLY HASSALL, *Johannesburg.*

## POTATO KUGEL

- |                                |  |
|--------------------------------|--|
| 2 eggs.                        | Juice and rind of $\frac{1}{2}$ lemon. |
| 1 lb. boiled potatoes.         | 1 teaspoon salt.                       |
| 2 tablespoons chopped almonds. | 2 tablespoons sugar.                   |

Cool potatoes and grate. Beat egg yolks, add to potatoes, mix in sugar, lemon juice and rind, almonds and salt. Beat egg whites until stiff and fold into mixture. Bake in a greased dish and place in a pan of boiling water in a moderate oven for 30 minutes.

MRS. ANN WURWAND, *Worcester.*

## SPONGE CAKE

- |                                     |                                     |
|-------------------------------------|-------------------------------------|
| 6 eggs.                             | 2 flat tablespoons matzo cake meal. |
| 4 rounded tablespoons potato flour. | Rind of 1 lemon.                    |
| 6 rounded tablespoons sugar.        | 1 teaspoon lemon juice.             |

Separate eggs, beating yolks well. Stir in sugar gradually. Mix dry ingredients and add to sugar and eggs. Then add rind and juice. Lastly, fold in egg whites, which have been stiffly beaten. Pour mixture into cake tin, lined with greaseproof paper, bake in moderate oven for  $\frac{1}{2}$  hour.

MRS. ESTHER CANARD, *De Doorns.*

## MEAD

Boil 4 gallons of water in a paraffin tin, add  $\frac{1}{2}$  lb. hops which has been placed in a small bag. Add 12 lbs. of sugar and boil slowly for 2 to 3 hours. Allow to cool and add in well-beaten white of 1 egg. Stir well. If colour is too light, add a little burnt sugar to darken. When cold put in a barrel and let it stand for a few weeks before bottling. Place in a refrigerator before serving.

MRS. EDITH WEINBERG, *Worcester.*

## WINE

- |                              |   |
|------------------------------|---|
| 1 wooden barrel.             | 3 baskets muscadelle or hermitage grapes. |
| 30 lbs. No. 1 refined sugar. |   |

Wash and clean barrel and see that it is watertight, pull the grapes off the stalks and push into the hole of the barrel without washing or cleaning grapes. Add in the sugar and leave the hole of the barrel uncorked. After a day or two fermentation will take place, leave to continue, until the fermentation stops. Then cork the barrel and leave entirely alone for 4 to 5 weeks; the wine will then be ready to be tapped off as required. N.B.—For every 40 lbs. of grapes 10 lbs. sugar is required. DO NOT CORK barrel immediately after adding sugar. NEVER remove cork from barrel until barrel is drained dry.

MRS. ELIZABETH BELLON, *Worcester.*





## WINE LIST

Dish	Type of Wine	How Served
Appetiser	Dry Sherry or Vermouth	Room Temperature or Cooled
Hors d'Oeuvre	Light-bodied Dry White Table Wine	Well Cooled
Oysters	Full-bodied White Table Wine	"Off the Ice"
Soup	Medium Dry Sherry —Light-bodied	Room Temperature "Off the Ice"
Fish	Light-bodied White Table Wine Sauterne Type	"Off the Ice" Well Cooled
Entrée	Light-bodied Red Table Wine	Room Temperature
Poultry	Light-bodied Red Table Wine	Room Temperature
Roast	Light or Full-bodied Red Table Wine	Room Temperature
Game	Full-bodied Red Table Wine or Red Sparkling Wine	Room Temperature "Off the Ice"
Sweets and Cheese	Port	Room Temperature
Coffee	Brandy or Liqueurs	Room Temperature
Toasts	White Sparkling Wine	Well Cooled

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## MEASUREMENTS

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2 tablespoons butter	..	..	..	1 oz.
$\frac{1}{2}$ cup butter	..	..	..	$\frac{1}{4}$ lb.
2 tablespoons sugar	..	.	..	1 oz.
2 cups sugar	..	..	..	1 lb.
4 tablespoons flour	..	..	..	1 oz.
1 cup flour	..	..	..	4 oz.
4 cups flour	..	..	..	1 lb.
$2\frac{1}{4}$ tablespoons brown sugar	..	..	..	1 oz.
3 cups brown sugar	..	..	..	1 lb.
$2\frac{1}{4}$ cups castor sugar	..	..	..	1 lb.
3 tablespoons icing sugar	..	..	..	1 oz.
$3\frac{1}{4}$ cups icing sugar	..	..	..	1 lb.
1 cup des. coconut	..	..	..	$2\frac{1}{2}$ oz.
6 cups des. coconut	..	..	..	1 lb.
$3\frac{1}{2}$ tablespoons cocoa	..	..	..	1 oz.
$2\frac{1}{4}$ cups rice	..	..	..	1 lb.
$2\frac{1}{2}$ cups dates	..	..	..	1 lb.
1 cup ground almonds	..	..	..	4 oz.
1 tablespoon honey	..	..	..	1 oz.
1 cup chopped walnuts	..	..	..	4 oz.
3 tablespoons cornflour	..	..	..	1 oz.
2 cups cream	..	..	..	1 pt.
$2\frac{1}{2}$ cups milk	..	..	..	1 pt.

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